SHARP

AX-1100R

微波 ・ 燒烤 ・ 蒸爐
使用說明書及食譜

MICROWAVE OVEN WITH STEAM AND GRILL
OPERATION MANUAL WITH COOKBOOK

900 W (IEC 60705)

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重要安全須知

重要安全須知：請細心閱讀，並儲存作將來參考之用。

按照設計，本微波爐只能在工作檯面上使用。本微波爐的設計不適宜嵌入牆壁或櫥櫃內。關於安裝詳情請參見第 C-3 頁。

烹調過程中 ,爐門會變熱。將微波爐放在爐底高出地面 85 厘米或以上的高度。切勿讓兒童靠近爐門 ,以免燙傷。

確保爐頂以上之空間應有最少 12 厘米。

除非得到監護人或負責其安全人士的適當監督或指導，否則，此機器不適合身體官能或心智能力退化者，或缺乏操作經驗和知識的人士（包括兒童）使用。

兒童應受到適當監管，確保不會以此機器作玩具。

警告： 在無人監護的情況下，兒童只有在充分理解操作說明、能安全使用微波爐且知道不當使用會造成危害的情況下才能使用微波爐。

警告： 當烤爐在燒烤、混合烹調、蒸或自動模式（自動解凍除外）下運作時會產生高溫，兒童應該只在家長監督下使用。

警告： 可觸及的部件在使用期間可能會變熱。兒童應小心並遠離微波爐。

警告： 如果爐門或爐門密封襯墊受損，先請聲寶技術人員加以檢查修理後才繼續使用。

警告： 切勿自行調整、維修或更改烤爐。除了聲寶培訓的技術人員以外，如果由非技術人員進行任何服務或維修，則會存在危險。由於維修可能會涉及拆卸外殼，而外殼對電氣部件起著保護作用，以免接觸到微波，所以由專人維修是很重要的。如果微波爐電源線損壞，必須由聲寶培訓的技術人員更換微波爐專用的電源線。

警告： 液體和其他食物不得在密封容器內加熱，否則可能引起爆炸。

飲料經微波加熱後會出現沸騰爆濺，因此在烹調時及移動容器時必須格外小心。

請勿使用微波烹調或加熱帶殼蛋類，而且不可使用微波加熱已煮熟的整隻雞蛋，因為即使在微波烹調過程結束後，也有可能會發生爆裂。對未經打散或混合的雞蛋進行烹調或加熱時，應刺破蛋黃和蛋白，否則雞蛋可能會發生爆裂。在使用微波對煮熟的雞蛋進行翻熱之前，應對其去殼並切片。

烹調時，應當檢查烹調器具，確保其適用於烤箱。請參見第 C-26 頁。在微波模式下只可使用微波爐適用容器及烹調器具。

奶瓶和盛載嬰兒食品瓶罐內的食物必須先攪拌或搖一搖，然後檢查一下溫度才餵給嬰兒，以防燙傷嬰兒。

爐門、外殼、爐腔、盤碟、附件，特別是燒烤發熱器在操作過程中會變燙。應特別小心，避免觸碰這些區域。為防止燙傷，通常要帶上較厚的烤箱手套。清洗前應確保這些區域已冷卻。

將食品放在塑膠或紙質容器中加熱時，鑑於起火的可能性，應當密切關注烤箱情況。

如果發現煙霧，請立即關掉或拔下烤箱電源插頭並保持爐門關閉，以控制火焰蔓延。

應定時清潔微波爐，並清除殘留食物。

如果未能保持烤爐處於潔淨狀態，則會導致微波爐表面變質，更大大減低微波爐的壽命，甚致會造成危險。

請勿使用粗糙的洗滌劑或銳利的金屬刮刀來清潔爐門玻璃，因為其會刮花表面，從而可能使玻璃碎裂。

切勿使用蒸氣清洗裝置。

清洗爐門密封襯墊、爐腔及相鄰部件時，請參見第 C-20 頁的指南。

其他警告

1. 為防止意外發生，請注意並遵守下列事項：
   a. 除可飲用的室溫水（被過濾）之外，切勿將其他任何液體注入水箱。
   b. 在烤箱操作過程中，請不要離開。烤箱溫度過高或烹調時間過長可能會使食物加熱過度，從而導致起火。
   c. 切勿讓食品烹調過度。
   d. 烹調食品前，先拆去綁紮包裝袋的金屬線。
   e. 切勿用微波爐來加熱食油或油炸食品，因為油溫會變得很高而難以控制。
   f. 切勿使用合成材料製成的容器用於烹調。否則，它們會在高溫下熔化。
   g. 如果烤箱仍然很熱，切勿使用塑料容器，否則它們可能會熔化。除非生產商聲明塑料容器適用於高溫烤爐，否則切勿使用塑料容器。
   h. 切勿在烤箱內儲存食物或任何其它物品。
   i. 如果在烘烤或製作蛋糕和甜食時添加了酒精飲品，當酒精釋放出的蒸氣接觸到電熱元件時，可能會導致起火。請務必在烹調時密切注意烤箱情況。
2. 在使用微波爐烹調時應當小心，盡量避免食物爆裂或沸騰爆濺。使用微波能夠快速加熱食物和飲品，因此您在烹調食物時一定要根據食物的種類和重量選擇合適的烹調時間和微波功率。如果您無法確定烹調所需時間和微波功率，您可以先選擇低微波功率以及短時間烹調，再根據實際需要增加時間或功率加熱食物。請遵守下列事項：
   a. 切勿用密封容器進行烹調。如帶有瓶蓋或奶嘴的奶瓶均屬密封容器。
   b. 烹調時間切勿過長。

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重要安全須知

c. 加熱液體時，一定要用闊口容器。
d. 烹調後等待最少 20 秒才取出食物，以免煮滾的液體爆濺。
e. 烹調前及烹調中將液體攪拌，處理盛載食物的器皿，或放匙羹或其他器具於器皿內時，應特別小心處理。

3. 本微波爐僅可作為家庭烹調使用，並僅應用於食物和飲料之加熱，烹調和解凍。
   本微波爐不適合作為商業或實驗室之用或用來加熱治療工具如：小麥袋等。
4. 微波爐門夾有雜物或沒有關閉好時，切勿操作。
5. 從烤爐內取出食物時，請小心不要讓器皿、衣服或飾物接觸到烤箱門閂。
6. 微波爐正在操作時切勿以物件，特別是金屬製品刺向爐門的網狀表面或爐門與微波爐之間的位置。
7. 切勿改動或拆除門閂。
8. 烹調結束後欲取出爐內食品時，務請戴上烹調手套，以免燙傷；並應小心揭蓋，以免蒸氣灼傷皮膚。
9. 如果爐箱內照明燈發生故障，請與經銷商或聲寶維修中心聯絡。
10. 避免熱蒸氣直接接觸面部和雙手，對面部或雙手造成灼傷。遠離面部，從碟子最邊緣的位置慢慢揭起覆蓋碟面的微波爐專用保鮮紙，小心開啟爆玉米花的袋子和其他微波烹飪袋。
11. 切勿將電源線壓於微波爐之下，放置於熱源物件表面或掛於銳利的物品上，以免受損壞。
12. 打開烤箱門時務必小心。為了避免冒出的熱氣和氣流造成灼傷，請在取出或重新放入食物之前使熱氣或氣流排出。
13. 切勿將任何物件放在爐頂上，因為在運行過程中微波爐會變得很熱。
14. 為了避免灼傷，食用之前務必測試食物和容器的溫度，並加以攪拌，尤其是在讓嬰兒、兒童或老人食用之前，務必特別注意容器、食物和飲品的溫度。在沒有檢查容器溫度之前，請不要飲用飲品或湯類。拿取容器時應當小心，因為容器已經變得很燙。
15. 請確保烹調器皿於烹調時不會與爐箱內壁碰觸。
16. 在烹調過程中，切勿接觸爐門、外殼、後殼、爐腔、通風口、附件和盤碟以及從通風蓋冒出的氣流，因為它們會變熱。
17. 切勿直接觸摸烤箱照明燈及其周圍。當烤箱照明燈亮起時，此部分將會變熱。
18. 使用烤箱時，請在裝設烤箱的房間進行通風，例如打開窗戶或打開廚房抽氣風扇裝置。否則從烤箱通風蓋冒出的氣流可能會噴濕臨近的牆壁或家具。
19. 如果水箱破裂和漏水，切勿使用烤箱。請聯繫聲寶公司授權的維修中心。
20. 切勿將手指或其他物件插入烤箱上的孔中（蒸氣口或通風口）否則可能會損壞烤箱以及導致觸電或其他危險。
21. 切勿用濕手觸摸電插頭。請將插頭牢固地插進牆壁電源插座上。從插座中拔出插頭時，務必抓住插頭，切勿拽拉電源線，否則可能會損壞電源線和插頭內部的連接。
22. 切勿在操作時移動烤箱。如果需要移動烤箱，務必採用去除主機水分功能排出烤箱內的所有水。排水後，請倒空滴水托盤的積水。
23. 切勿故意將水灑到爐門或控制面板上。
24. 如果烤箱翻倒或掉落到地板上，切勿繼續使用烤箱。請拔掉插頭並請聯繫聲寶公司授權的維修中心。

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安裝須知

1. 將微波爐內的包裝物件全部拆去，並從爐門外撕下宣傳標貼（若附有）。檢查微波爐是否有損壞，例如爐門的安裝是否有偏差，爐門周圍的密封襯墊是否有損壞或微波爐內及爐門上是否有凹痕等。若發現有任何損壞之處，請立即與聲寶授權的維修中心聯絡，受維修人員的檢查與修理之後，才可使用本微波爐。
2. 檢查本微波爐是否帶有下述附件
   1) 烤架　2) 玻璃盤　3) 蒸盤　4) 使用說明書及食譜　5) 簡易操作指南
3. 由於爐門在烹調期間會變熱，為了避免意外接觸，應將微波爐放在地面上至少 85 厘米。而且，應使兒童遠離爐門，以免燙傷。
4. 按照設計，本微波爐只能在工作檯面上使用。請勿將微波爐安裝在過熱與過濕的地方，例如焗爐附近。請勿在易燃物品附近安裝，例如窗簾。應將微波爐放在不阻攔通風口的地方。如果本電器被蓋著或接觸到易燃材料，包括窗簾、蓋布、牆壁等，則可能會起火。從爐頂以上之空間應有最少 12 厘米，以便空氣流通。微波爐的設計不適宜嵌入牆壁或櫥櫃內。
5. 切勿使用轉接器插頭將其他電器與烤箱連接到同一個插座上。
6. 由於用戶自行更換電源插頭而引致微波爐損壞或其他不良後果時，廠方及經銷商概不負責。所使用的交流電電壓和頻率必須與標籤所示的標準一致。
7. 本微波爐的地線必須接地：

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電源線中導線按照以下方式標色：

綠黃色：地線
藍色：　中線
啡色：　火線

本微波爐電源線中導線的色標可能與閣下所用的插頭（或插座）上的色標不相同，屆時請按以下規則操作：
綠黃色的導線必須與以下幾種插頭（插座）之一相接：標有 E 字母、帶有（ ⏚ ）符號、色標為綠色或黃綠色。
藍色的導線必須與標有 N 字母或藍色的插頭（或插座）相接。
啡色的導線必須與標有 L 字母或褐色的插頭（或插座）相接。

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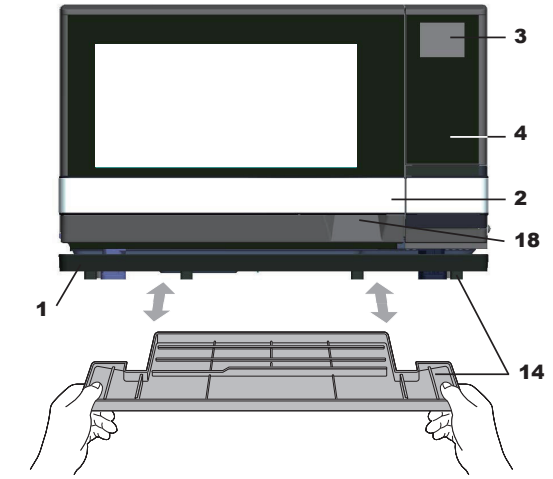
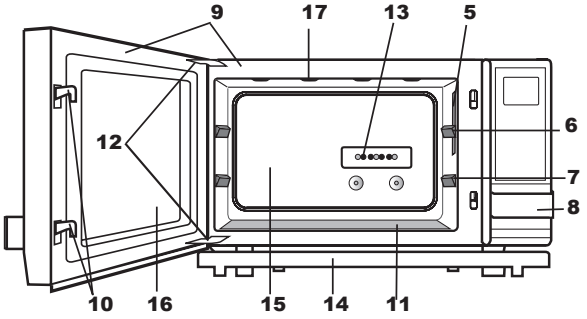
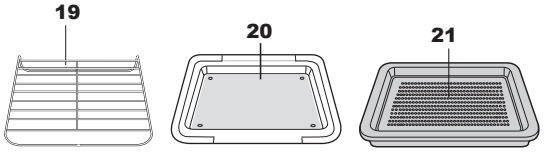
各部分名稱







1 通風口
請注意：在蒸烹調或混合烹調過程中，會釋放出高溫蒸氣或高溫空氣，此時應使兒童遠離烤爐。
2 門柄
3 LCD 顯示屏
4 操作面板
5 照明燈
6 上層 (位置 3)
7 下層 (位置 2)
8 水箱 (請參見第 C-6 頁)
9 爐門密封襯墊和襯墊表層
10 門閂
11 爐腔底層 (位置 1)
12 門鉸
13 蒸氣口
14 滴水托盤 (請參見第 C-6 頁)
15 爐腔
16 裝有透明窗的爐門
17 燒烤發熱器 (在爐箱上壁)
18 爐門控制桿
欲打開爐門時，請緊握爐門控制桿底部，並向外拉動。

附件

19 烤架
對於燒烤和混合烹調。**請勿使用微波功能。**並將食物置於玻璃盤上。
20 玻璃盤
21 蒸盤 x2
僅用於蒸模式。必須放在玻璃盤上面。**請勿用於微波模式、燒烤模式及混合烹調模式。**

關於放置蒸盤和玻璃盤的警告：

烹調結束後，先拿出蒸盤。
參見圖 2。注意從蒸盤中流出的多餘的水，建議您將蒸盤直接放在一個淺盤或平底盤上以免水溢出。
在將玻璃盤拿出之前，確保盤子已經冷卻。玻璃盤上可能會有水，因此取出玻璃盤時要注意。

注意：按照圖 1 所示，將烤架放在玻璃盤上。

警告：

由於烹調結束後爐腔、爐門、外殼、附件和盤碟將會變得非常熱，所以務必戴上烤箱專用厚手套，將食物或附件從烤箱中取出，以免灼傷。

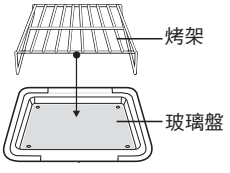


圖 1

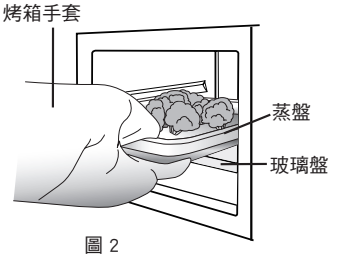


圖 2

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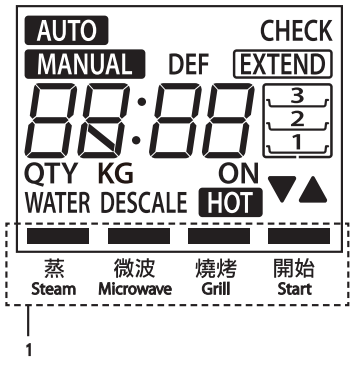
操作面板



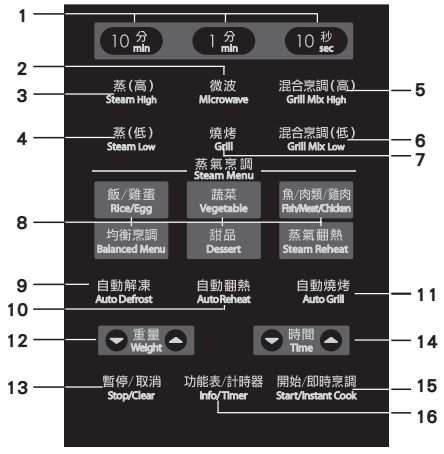
顯示資訊：

顯示屏上會顯示包括烹調時間和烹調模式等在內的有用資訊。

1. 烹調模式 & START（開始）指示器
   在烹調過程中，指示器將閃爍或亮燈。
   當指示器閃爍時，您可以按相關按鍵。
   當顯示屏上顯示指示器亮燈，則表示烹調模式已經選定，或是烤爐正在選定的烹調模式下進行烹調。

AUTO（自動）：選擇自動烹調，或是進行中。
MANUAL（手動）：選擇手動烹調，或是進行中。
CHECK（檢查）：需要進行必要的操作（例如翻轉食物、攪拌）。
DEF（自動解凍）：選擇自動解凍，或是進行中。
ON（運行）：烤爐正在運行。
EXTEND（延長）：可延長烹調時間。
HOT（高溫）：烤爐溫度非常高。
▲（延長）：自動烹調模式下選擇延長烹調時間。
▼（縮短）：自動烹調模式下選擇縮短烹調時間。
DESCALE（除垢）：需要除垢
WATER（加水）：需要加水。當這個標示在屏幕上出現，烤爐在使用水的烹調中操作。

盤位置指示器：
自動烹調和手動蒸烹調所需盤的位置。
3: 上層
2: 下層
1: 爐腔底層



操作鍵：

1 **時鐘** 鍵
2 **微波** * 鍵
3 **蒸（高）**鍵
4 **蒸（低）**鍵
5 **混合烹調（高）*** 鍵
6 **混合烹調（低）*** 鍵
7 **燒烤** * 鍵
8 **蒸氣烹調** 鍵
9 **自動解凍** * 鍵
10 **自動翻熱** * 鍵
11 **自動燒烤** * 鍵
12 **增加 / 減輕重量** 鍵
13 **暫停 / 取消** 鍵
14 **縮短 / 延長** 鍵
15 **開始 / 即時烹調** 鍵
16 **功能表 / 計時器** 鍵

* 該模式不使用蒸氣。

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重要須知

請在使用蒸烹調前仔細閱讀

水箱

使用蒸氣烹調時，都必須以飲用的室溫水（被過濾）注入水箱。請務必遵循如下指引。

1. 將水箱向自己的方向拉出。（圖 1）
2. 首次使用時請清洗水箱和水箱蓋。
3. 每次進行烹調前，請通過水箱蓋向水箱裡面注入**飲用的室溫水（被過濾），直至刻度線 MAX（滿水）的位置**。（圖 2）請勿將水注入超過刻度線 MAX（滿水）的位置。
4. 請確保水箱蓋已緊緊閉合。
5. 用力將水箱推回烤爐內並安裝穩妥。（圖 3）
6. 烹調後，倒空水箱並清洗水箱和水箱蓋。

注意：

1. 切勿使用任何其他液體，例如蒸餾水、去離子水、礦泉水等。
2. 如果水箱內的水量不足，則可能無法達致預期的效果。
3. 我們建議您每次烹調後都倒空水箱積水。請勿讓水箱裝水放在烤爐內超過一天。
4. 在烹調過程中如出現任何提示消息，例如“Err, WATER（錯誤，請加水）（閃爍）”，請參見在 C-21 頁的“故障查閱指南表”。
5. 切勿摔落或損壞水箱。烤爐產生的熱力可能會使水箱變型。切勿使用損壞的水箱。請聯繫聲寶公司授權的維修中心。
6. 在移除水箱的時候可能有水滴落。請用柔軟抹布拭乾烤爐。
7. 請勿將水箱蓋上的氣孔阻塞。否則將會在烹調過程中引起故障。

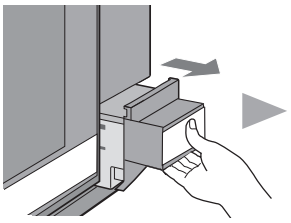

圖 1

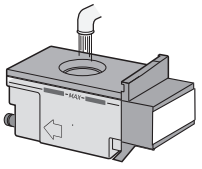

圖 2

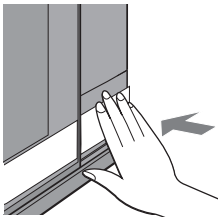

圖 3

滴水托盤

請確保滴水托盤安裝正確並遵循如下指引。

滴水托盤及烤爐包裝在一起。如圖 4 所示，將滴水托盤安裝於爐門下。滴水托盤的作用是收集從烤爐門上滴落的冷凝水滴。

移除滴水托盤：將滴水托盤用雙手向自己的方向拉出。

＊請不要讓滴水托盤裡的水在移除滴水托盤時溢出。

將滴水托盤裝回機上：將滴水托盤安裝在爐門下方左右兩邊的掛鉤上，如圖 4 所示。水平放入滴水托盤並扣緊。不正確的安裝方式可能會導致掛鉤損壞。

每次烹調後請倒空滴水托盤。先倒空積水，然後用水徹底沖洗，晾乾或用抹布拭乾後裝回原位。沒有倒空滴水托盤的話則可能導致溢流。在沒有倒空滴水托盤的情況下反覆烹調則可能導致溢流。

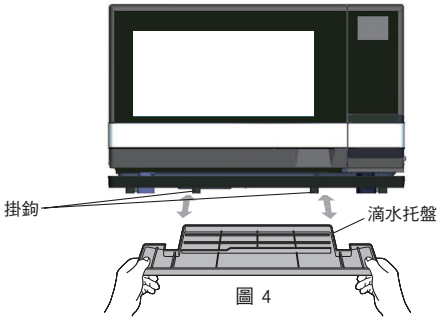

圖 4

警告：

1. 烤爐在烹調和進行排水之後將會變得非常熱。
2. 打開烤爐時請勿將臉貼近烤爐。烤爐冒出的蒸氣可能會引致灼傷。
3. 請確保在倒空水箱和滴水托盤時，烤爐已經冷卻。然後請擦乾爐內壁。
4. 請勿用手直接接觸滴水托盤內的水，因為這些水可能會很熱。

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重要須知

自動烹調和手動烹調模式中的蒸氣

烹調前

1. 確保水箱已注滿可飲用的室溫水（被過濾），並且正確安裝。（請參見第 C-6 頁）
2. 請確保烤爐底裝上已經倒空積水的滴水托盤。（請參見第 C-6 頁）
3. 將食物放入微波爐中。食物以蒸模式烹飪時必須確保玻璃盤放在下層位置（位置 2）。

烹調後

1. 當烤爐冷卻後，移除並倒空水箱，擦拭爐內壁。請注意燒烤發熱器及蒸氣口的溫度可能很高，所以在擦拭烤爐頂部及爐腔背板時應格外謹慎（在烹調過程中，燒烤發熱器會以極短的時間間歇性開啟。）倒空滴水托盤。
2. 使用蒸氣烹調、蒸（高）或蒸（低）烹調後請啟動去除主機水分功能，當天內至少一次。
3. 在移除滴水托盤前，請檢查是否有水溢出托盤。
4. 在烹調過程中，蒸氣會冷凝在爐門，爐壁及烤爐底。請用柔軟抹布將液體擦乾。當天最後一次使用後，我們建議您對烤爐進行 3 分鐘燒烤操作（不放置任何食物和配件），以烘乾燒烤發熱器周圍的水份。

警告：請勿將臉貼近烤爐。蒸烹調所產生的蒸氣可能會引致灼傷。
注意：請保持爐門關閉。如果爐門在烹調過程中打開，蒸氣將會溢出，這樣烹調時間將會加長。

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重要須知

去除主機水分功能

使用蒸氣的烹調後請啟動去除主機水分功能，當天內至少一次。去除主機水分操作需要 7 分鐘。

去除主機水分操作有利於防止水垢積聚和循環使用不新鮮的水。此操作利用內部蒸氣系統進行水分的蒸發。

操　作

1 移除水箱。
請確保烤爐內沒有食物遺留。
觸按**功能表 / 計時器**鍵一次，選擇 “In F1”。

x 1

2 觸按**開始 / 即時烹調**鍵。
“In F1” 在進行去除主機水分操作時會閃爍。

x 1

3 當去除主機水分功能結束、烤爐冷卻後，請擦拭爐腔內壁。倒空滴水托盤。

注意：
1. 啟動去除主機水分功能之前，必須移除水箱。
2. 當您設定了去除主機水分操作，電源節能模式將會暫時取消。

除垢功能

白色或灰色的微粒，也稱為水垢，可能會在製造蒸氣的過程於水流管道內形成。

當屏幕顯示 “DESCALE（除垢）（閃爍）” 時，請立即進行除垢操作。操作過程大約需要 1 小時。（使用檸檬酸或檸檬汁除垢約 30 分鐘 ,然後用清水沖洗 30 分鐘。）

操　作

1 一些藥店有售的純檸檬酸，或不含果肉的瓶裝 100% 檸檬汁可用於除垢。選擇上述其中一種用於進行除垢操作。

如使用純檸檬酸，請將 1 湯匙純檸檬酸結晶溶解在無孔容器內的 500 毫升水。攪拌均勻，倒入水箱至 MAX 刻度線。

如使用瓶裝 100% 檸檬汁，請確保裡面不含任何果肉成分。如果有黏漿狀物質或您不是肯定的，請用細密的過濾器過濾一下。測量過濾的 70 毫升檸檬汁並增加 500 毫升水。攪拌均勻，倒入水箱至 MAX 刻度線。

將水箱正確放回爐內並將其穩固地推入就位。

2 觸按**功能表 / 計時器**鍵兩次，選擇 “In F2”。

x 2

3 將玻璃盤置於下層（位置 2），並緊靠烤爐的後壁。

4 請勿在烤爐內放置任何食物。關緊爐門。觸按**開始 / 即時烹調**鍵開始除垢。（約 30 分鐘）

x 1

5 當烤爐停止運行並冷卻後，請移除水箱，倒空積水，沖洗乾淨並重新注入可飲用的室溫水（被過濾）至 MAX（滿水）線。將水箱放回原位。
倒空並替換滴水托盤。
移除玻璃盤並倒空，沖洗乾淨並晾乾。依照步驟 3，將玻璃盤放回原位。關緊爐門。
觸按**開始 / 即時烹調**鍵。沖洗程序便會開始。（約 30 分鐘）

x 1

6 當沖洗結束並且冷卻後，移除水箱並倒空積水。移除玻璃盤並倒空。擦拭爐腔使其乾燥。稍等幾分鐘，然後倒空滴水托盤。

注意：
當您設定了除垢操作，電源節能模式將會暫時取消。

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操作之前

- 在使用前，請確保你已經閱讀並完全明白使用說明書的內容。
- 在使用烤爐前，請按如下步驟操作：

1. 正確放置滴水托盤。請參見第 C-6 頁。
2. 請閱讀下列“烹調開始前之須知”。
3. 在首次使用之前請參見右邊的指示來清潔您的烤爐。

烹調開始前之須知

本微波爐附有電源節能模式。若該爐沒有操作時，本裝置可節省電力。

操　作
1 將微波爐插頭插入電源插座。 顯示器上沒有任何顯示。
2 打開爐門。顯示器將顯示“.0”。
3 關閉爐門。此時您可以使用微波爐。

注：
在電源節能模式中，如果您在 3 分鐘以內未對微波爐進行操作（如關閉爐門，觸按**暫停 / 取消**鍵或者烹調結束後），您將不能使用微波爐，除非重新打開並關閉爐門。

注意：
當您設定了兒童安全鎖及示範功能，電源節能模式將會暫時取消。

時鐘模式（時鐘時間的設定方法）

如果您設定了時鐘（時鐘模式），電源節能模式不再運行。

* 設定現在時間 11:34（上午或下午）。

操　作
1 觸按**功能表 / 計時器**鍵 6 次。 功能表/計時器 Info/Timer x 6
2 觸按**時鐘**鍵輸入小時。 10 分 min x 1　1 分 min x 1
3 觸按**功能表 / 計時器**鍵。 功能表/計時器 Info/Timer x 1
4 觸按**時鐘**鍵輸入分鐘。 10 分 min x 3　1 分 min x 4
5 觸按**開始 / 即時烹調**鍵。 開始/即時烹調 Start/Instant Cook x 1 顯示幕將顯示當下時間“11:34”。

這是一個 12 小時制式的時鐘。如果已設定時鐘，烹調結束時顯示器將顯示當天的正確時間。
如果沒有設定時鐘，烹調結束時顯示器將顯示“ .0”。
如果微波爐的電源受到干擾，請將微波爐插頭再次插入電源插座，打開然後關閉爐門。顯示器將顯示：“ .0”如果這是在烹調期間發生，所編定的烹調程序將被刪除。 此外，當天的時間也會被刪除。

暫停 / 取消

1. 如果在編定程序時輸入錯誤，請觸按**暫停 / 取消**鍵。
2. 暫停烹調中微波爐的操作。
3. 在烹調過程中取消一組編程，請按鍵兩次。

首次使用之前請清潔烤爐

首次使用燒烤模式時，可能會有煙霧或焦味產生，這是正常情況，非故障信號。為避免該問題，首次使用微波爐時，在不放任何食物的情況下開啟燒烤模式 20 分鐘。

準備工作
敞開烤爐通風。

操　作
1 請確保烤爐內沒有食物遺留。 觸按**燒烤**鍵。 燒烤 Grill x 1
2 通過觸按**時鐘**鍵輸入時間（20 分鐘） 並觸按**開始 / 即時烹調**鍵。 10 分 min x 2 開始/即時烹調 Start/Instant Cook x 1

警告：
爐門、外殼、爐腔，特別是燒烤發熱器在工作過程中將會變得非常熱。

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自動烹調

自動烹調操作在蒸氣、燒烤和微波下可用。請參閱各個功能的詳細說明。

蒸氣烹調

蒸氣烹調功能包括 6 類共 18 個選項。利用該模式烹調食品通常使用蒸盤和玻璃盤。使用時請確保玻璃盤放置在下層位置 (位置 2)。請參見第 C-6-7 頁的重要須知。

St11 - St14 飯 / 雞蛋
St21 - St22 蔬菜
St31 - St34 魚 / 肉類 / 雞肉
St41 - St42 均衡烹調
St51 - St53 甜品
St61 - St63 蒸氣翻熱

詳情請參見 C-31-35 頁的“蒸氣烹調食譜”。

*假設您想要烹調 0.3 千克的鮮雞柳。

操　作

1 請確保水箱已經注入可飲用的室溫水 (被過濾) 至 MAX(滿水) 線並正確安裝。
觸按**魚 / 肉類 / 雞肉**鍵直至顯示所需的菜單號碼 (St34)。

魚/肉類/雞肉 Fish/Meat/Chicken x 4

2* 觸按**重量**鍵，輸入食物的淨重或數量，直至顯示出所需的淨重或數量 (0.3 KG)。

重量 Weight x 7 x 4

3 請按 C-32 頁的烹調指南表中的指示放入食物。關閉爐門。
觸按**開始 / 即時烹調**鍵。

開始/即時烹調 Start/Instant Cook

4 在烹調結束後，“EXTEND (延長)”會出現在屏幕上。如果您希望延長烹調時間，請通過觸按**時鐘**鍵加長時間。

10 分 min　1 分 min　10 秒 sec

開始/即時烹調 Start/Instant Cook

觸按**開始 / 即時烹調**鍵。
如果不需要，請觸按**暫停 / 取消**鍵。當烤爐冷卻後，移除並倒空水箱，清潔爐腔內壁。倒空滴水托盤。

暫停/取消 Stop/Clear

* 如果沒有必要輸入數量，跳過步驟 2。

關於放置蒸盤和玻璃盤的警告 :

烹調結束後，先拿出蒸盤。
參見 C-4 頁的圖 2。注意從蒸盤中流出的多餘的水，建議您將蒸盤直接放在一個淺盤或平底盤上以免水溢出。在將玻璃盤拿出之前，確保盤子已經冷卻。玻璃盤上可能會有水，因此取出玻璃盤時要注意。

注意 :

1. 請輸入食物的淨重或數量。請勿算入容器重量。
2. 當食物比烹調指南表所示要重或輕，請選擇手動烹調。
3. 程序設定的烹調時間是烹調所需的平均時間。要延長自動烹調功能設定的時間，請參見 C-17 頁的“烹調結束後延長烹調時間”的章節。在延長烹調時間之前，請確保水箱已經注入可飲用的室溫水 (被過濾) 至 MAX(滿水) 線並正確安裝。
4. 任何蒸氣選項均可以選擇延長或縮短時間調整選項。請參見 C-17 頁。
5. 請保持爐門關閉。如果爐門在烹調過程中打開，蒸氣將會溢出，這樣在烹調時間將會加長。
6. 在烹調過程中，蒸氣會冷凝在爐門、爐壁及爐腔底層。請用柔軟抹布將液體擦乾。當天最後一次使用後，我們建議您對烤爐進行 3 分鐘燒烤操作 (不放置任何食物)，以烘乾燒烤發熱器周圍的水分。
7. 烹調後，烤爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據烤爐及零件溫度運行長達 10 分鐘。

警告 :

1. 爐門、外殼、爐腔、附件、盤碟和特別是燒烤發熱器會變得很熱。在放入或取出食物時，應使用厚的爐箱專用手套，以防止燙傷。
2. 打開烤爐時請勿將臉貼近烤爐。烤爐冒出的蒸氣可能會引致灼傷。

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自動烹調

自動燒烤

自動燒烤包含 4 個選項。

AG1: 烤雞　　AG3 : 烤魚
AG2: 雞翼　　AG4 : 牛排

詳情請參見 C-36 頁的“自動燒烤食譜”。

*假設您想要烹調 1.2 千克的烤雞。

操　作

1 觸按**自動燒烤**鍵直至顯示的菜單號碼 (AG1)。

x 1

2 觸按**重量**鍵，輸入食物的淨重或數量，直至顯示出所需的淨重或數量 (1.2KG)。

x 9　　x 4

3 請按 C-36 頁的烹調指南表中的指示放入食物。關閉爐門。
觸按**開始 / 即時烹調**鍵。

x 1

4 烤爐會停止工作，同時“CHECK (檢查)”字樣會在屏幕上不斷閃爍。
打開爐門。翻轉雞肉。
關閉爐門。
觸按**開始 / 即時烹調**鍵。

x 1

注意：

1. 請輸入食物的淨重或數量。請勿算入容器重量。
2. 當食物比烹調指南表所示要重或輕，請選擇手動烹調。
3. 請必須遵循烹調指南所示的指示操作。
4. 所有燒烤選項均可以選擇延長或縮短時間調整選項。請參見 C-17 頁。
5. 烹調後，烤爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據烤爐及零件溫度運行長達 10 分鐘。

警告：

爐門、外殼、爐腔、附件、盤碟和特別是燒烤發熱器會變得很熱。在放入或取出食物時，應使用厚的烤箱手套，以防止燙傷。

自動翻熱

自動翻熱選項包含 3 個選項。

AR1: 翻熱餸菜
AR2: 翻熱湯
AR3: 翻熱飲料

詳情請參見 C-37 頁的“自動翻熱食譜”。

*假設您想要翻熱 1 碗的湯。

操　作

1 觸按**自動翻熱**鍵直至顯示的菜單號碼 (AR2)。

x 2

2* 觸按**重量**鍵，輸入食物的數量，直至顯示出所需的數量 (1QTY)。

x 4　　x 1

3 請按 C-37 頁的烹調指南表中的指示放入食物。關閉爐門。
觸按**開始 / 即時烹調**鍵。

x 1

*如果沒有必要輸入數量，跳過步驟 2。

注意：

1. 所有翻熱選擇均可以選擇延長或縮短時間調整選項。請參見 C-17 頁。
2. 要將其他食物或者要翻熱的食物重量比自動翻熱指南表列舉的重量要重或輕，手動翻熱。請參見 C-16 頁的“微波烹調指南”。
3. 請勿使用玻璃盤、蒸盤和金屬烤架。
4. 烹調後，烤爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據烤爐及零件溫度運行長達 10 分鐘。

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自動烹調

自動解凍

自動解凍包含 3 個選項。請勿使用玻璃盤、蒸盤和金屬烤架。

dE1: 牛排 / 豬排
dE2: 碎肉
dE3: 家禽

詳情請參見 C-37 頁的“自動解凍食譜”。

*假設您想要解凍 0.5 千克的牛排。

操　作	
1 觸按**自動解凍**鍵直至顯示的菜單號碼 (dE1)。	自動解凍 Auto Defrost x 1
2 觸按**重量**鍵，輸入食物的淨重，直至顯示出所需的淨重 (0.5KG)。	重量 Weight x 6 x 4
3 請按 C-37 頁的烹調指南表中的指示放入食物。關閉爐門。 觸按**開始 / 即時烹調**鍵。	開始/即時烹調 Start/Instant Cook x 1
4 烤爐會停止工作，同時“CHECK (檢查)”字樣會在屏幕上不斷閃爍。 打開爐門。翻轉牛排並保護解凍部分。關閉爐門。 觸按**開始 / 即時烹調**鍵。	開始/即時烹調 Start/Instant Cook x 1

注意：

1. 請輸入食物的淨重或數量。請勿算入容器重量。
2. 任何解凍選擇均可以選擇延長或縮短時間調整選項。請參見 C-17 頁。
3. 要將其他食物或者要解凍的食物重量比自動解凍指南表列舉的重量要重或輕，請延長或縮短烹調時間、增加或減少 30% 微波功率。請參見 C-16 頁的“微波烹調指南”。
4. 請勿使用玻璃盤、蒸盤和金屬烤架。
5. 烹調後，烤爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據烤爐及零件溫度運行長達 10 分鐘。

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手動烹調

手動烹調可在蒸、燒烤、混合烹調和微波烹調下的一個選項。
請參見“手動烹調指南表”和“食物和器具擺放位置圖表”。此指南表提供對於每種設定的指示信息。

手動烹調指南表

烹調模式		溫度/功率範圍	時間範圍	水箱
蒸	高	100℃	0 – 35分鐘	是
	低	70 – 95℃ *	0 – 60分鐘	是
燒烤		—	0 – 99分鐘 50秒	否
混合烹調	高	燒烤：50%功率 微波：50%功率	0 – 99分鐘 50秒	否
	低	燒烤：90%功率 微波：10%功率	0 – 99分鐘 50秒	否
微波		0 – 100%功率	0 – 99分鐘 50秒	否

* 您可以 5 的倍數將溫度設置在 70℃ -95℃之間。（初始設置：90℃）

食物和器具擺放位置圖表

烹調模式		雙層烹調		食物和器具擺放位置（參見圖1）		
				3：上層	2：下層	1：爐腔底層
蒸	高	是	單層	—	食物 蒸盤 玻璃盤	—
			雙層	食物 蒸盤	食物 蒸盤 玻璃盤	—
	低	否			玻璃盤(沒有食物)	—
燒烤		否		食物 烤架或盤子 玻璃盤		
混合烹調	高	否			參見注意1。	
	低	否				
微波		否		—	食物 微波爐安全容器 玻璃盤 參見注意2。	食物 微波爐安全容器

注意：

1. 根據食物的體積選擇適當的位置。對於大多數食譜，建議使用位置 2 或位置 3。在燒烤較大份量的食物時，為防止其觸碰烤爐頂部，應將食物和玻璃盤置於位置 1。如果食物觸碰到燒烤發熱器，則在烹調過程中會產生煙霧等現象。
2. 用於製作蛋糕或烘肉捲。
3. 使用後請將蒸盤和烤架抹乾。

關於放置蒸盤和玻璃盤的警告：

烹調結束後，先拿出蒸盤。參見圖 2。注意從蒸盤中流出的多餘的水，建議您將蒸盤直接放在一個淺盤或平底盤上以免水溢出。在將玻璃盤拿出之前，確保盤子已經冷卻。玻璃盤上可能會有水，因此取出玻璃盤時要注意。

圖 1

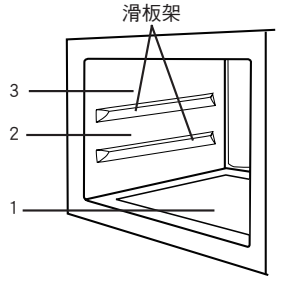
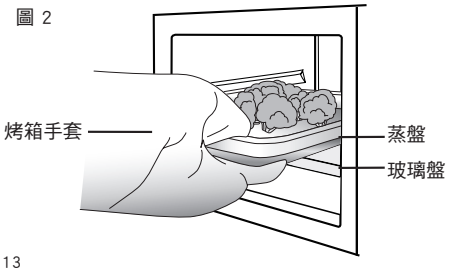


圖 2



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手動烹調

蒸

蒸有 2 個選項：蒸 (高) 和蒸 (低)。在烹調食物的過程中請務必使用蒸盤和玻璃盤。詳細資訊請參見 C-13 頁及 C-6-7 頁的重要須知。

烹調模式		溫度
蒸 (高)	蒸(高) Steam High	100℃
蒸 (低)	蒸(低) Steam Low	70-95℃

用蒸 (高) 烹調食物例如雞肉和蔬菜等。用蒸 (低) 慢火烹調魚或雞蛋沙司。在蒸 (低) 下，烹調時間稍微比用蒸 (高) 的時間要長。蒸氣的柔和烹調能力能將食物煮熟但不破壞食物的形狀、顏色和香味。蒸 (高) 的烹調時間能設定為長達 35 分鐘 (35.00)。蒸 (低) 的烹調時間能設定為長達 60 分鐘 (60.00)。

用蒸 (低)，溫度可設置在 70℃ ~95℃之間，並且以 5℃為一刻度調整。雙層烹調適用於蒸 (高)，單層烹飪僅適用於蒸 (低)。

蒸 (高)

* 假設您想要在蒸 (高) 模式下進行雙層烹調 20 分鐘。

操　作

1 請確保水箱已經注入至 MAX (滿水) 線可飲用的室溫水 (被過濾) 並正確安裝。觸按**蒸 (高)** 鍵直至顯示所需的盤子的位置 (2 和 3)。

蒸(高) Steam High　x 2

2 觸按**時鐘**鍵，輸入所需的烹調時間 (20.00)。

10 分 min　x 2

3 觸按**開始 / 即時烹調**鍵。

開始/即時烹調 Start/Instant Cook　x 1

4 在烹調結束後，“EXTEND (延長)” 會出現在屏幕上。如果您希望延長烹調時間，請觸按**時鐘**鍵加長時間。

10 分 min　1 分 min　10 秒 sec

開始/即時烹調 Start/Instant Cook

觸按**開始 / 即時烹調**鍵。

如果不需要，請觸按**暫停 / 取消**鍵。當烤爐冷卻後，移除並倒空水箱，清潔爐腔內壁。倒空滴水托盤。

暫停/取消 Stop/Clear

蒸 (低)

* 假設您想要在蒸 (低)(80℃) 模式下蒸 20 分鐘。

操　作

1 請確保水箱已經注入至 MAX (滿水) 線可飲用的室溫水 (被過濾) 並正確安裝。觸按**蒸 (低)** 鍵直至顯示所需的溫度 (80℃)。

蒸(低) Steam Low　x 3

2 觸按**時鐘**鍵，輸入所需的烹調時間 (20.00)。

10 分 min　x 2

3 觸按**開始 / 即時烹調**鍵。

開始/即時烹調 Start/Instant Cook　x 1

4 在烹調結束後，“EXTEND (延長)” 會出現在屏幕上。如果您希望延長烹調時間，請觸按**時鐘**鍵加長時間。

10 分 min　1 分 min　10 秒 sec

開始/即時烹調 Start/Instant Cook

觸按**開始 / 即時烹調**鍵。

如果不需要，請觸按**暫停 / 取消**鍵。當烤爐冷卻後，移除並倒空水箱，清潔爐腔內壁。倒空滴水托盤。

暫停/取消 Stop/Clear

注意：

1. 如果輸入的時間值超過每一個蒸氣烹調模式所允許的最大時間值，在第 2 步操作中顯示屏將顯示 “Err (錯誤)” 資訊。觸按**暫停 / 取消**鍵進行清除，並重新輸入。
2. 程序設定的蒸烹調時間是烹調所需的平均時間。要延長自動烹調功能設定的時間，請參見 C-17 頁的 “烹調結束後延長烹調時間” 的章節。在延長烹調時間之前，請確保水箱已經注入可飲用的室溫水 (被過濾) 至 MAX(滿水) 線，並正確安裝。
3. 請保持爐門關閉。如果爐門在烹調過程中打開，蒸氣將會溢出，這樣在烹調時間將會加長。
4. 在烹調過程中，蒸氣會冷凝在爐門、爐壁及爐底。請用柔軟抹布將液體擦乾。當天最後一次使用後，我們建議您對烤爐進行 3 分鐘燒烤操作 (不放置任何食物)，以烘乾燒烤發熱器周圍的水分。
5. 烹調後，烤爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據烤爐及零件溫度運行長達 10 分鐘。

警告：

1. 爐門、外殼、爐腔、附件、盤碟和特別是燒烤發熱器會變得很熱。在放入或取出食物時，應使用厚的烤箱手套，以防止燙傷。
2. 打開烤爐時請勿將臉貼近烤爐。烤爐冒出的蒸氣可能會引致灼傷。

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手動烹調

燒烤

爐腔頂部的燒烤發熱器只有一個功率設定。此模式不使用蒸氣。這個模式能被設定為長達 99 分鐘 50 秒鐘的烹調時間。只能進行單層烹調。將食物放在玻璃盤的烤架上，根據食物體積選擇在烤架上的所需位置。

＊ 假設您想要在燒烤模式下烹調 10 分鐘。

操　作

1 觸按**燒烤**鍵。

x 1

2 觸按**時鐘**鍵，輸入所需的烹調時間 (10.00)。

x 1

3 觸按**開始 / 即時烹調**鍵。

x 1

警告：
爐門、外殼、爐腔、附件、盤碟和特別是燒烤發熱器會變得很熱。在放入或取出食物時，應使用厚的烤箱手套，以防止燙傷。

注意：
1. 請保持爐門關閉。如果爐門在烹調過程中打開，熱力將會溢出，這樣在烹調時間將會加長。
2. 烹調後，烤爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據烤爐及零件溫度運行長達 10 分鐘。

混合烹調

混合烹調包含燒烤及微波功能。混合烹調有 2 個功能：混合烹調 (高) 和混合烹調 (低)。此模式不使用蒸氣。這個模式能被設定為長達 99 分鐘 50 秒鐘的烹調時間。只能進行單層烹調。

烹調模式	烹調方法
混合烹調 (高) 混合烹調(高) Grill Mix High	燒烤 50% 微波 50%
混合烹調 (低) 混合烹調(低) Grill Mix Low	燒烤 90% 微波 10%

＊假設您想要在混合烹調 (高) 模式下烹調 20 分鐘。

操　作

1 觸按**混合烹調 (高)** 鍵。

x 1

2 觸按**時鐘**鍵，輸入所需的烹調時間 (20.00)。

x 2

3 觸按**開始 / 即時烹調**鍵。

x 1

警告：
爐門、外殼、爐腔、附件、盤碟和特別是燒烤發熱器會變得很熱。在放入或取出食物時，應使用厚的烤箱手套，以防止燙傷。

注意：
1. 請保持烤爐門關閉。如果烤爐門在烹調過程中打開，熱力將會溢出，這樣在烹調時間將會加長。
2. 烹調後，烤爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據烤爐及零件溫度運行長達 10 分鐘。
3. 在烹調大量的食物，食物中的水可能被排入滴水托盤。烹調後取出，倒空滴水托盤。

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手動烹調

微波

微波烹調能方便快捷地煮熟，預熱和解凍食物。
首先輸入烹調時間，然後輸入微波功率。
此模式不使用蒸氣。這個模式能被設定為長達 99 分鐘 50 秒鐘的烹調時間。本微波爐設有 6 段微波輸出強度以供烹調選擇。

微波強度	屏幕	舉例
100%	100P	生肉，蔬菜，飯及意粉。
70%	70P	需要小心烹調之食品，如蛋類，海鮮等。
50%	50P	
30%	30P	一般解凍，軟化牛油等
10%	10P	食品保溫。
0%	0P	

閣下可隨不同的食物而選擇不同的微波強度。
若不作任何選擇時，微波爐將自動選其為 100%之微波強度來烹調。
只能進行單層烹調。

*假設您需要用 100%的微波強度烹調 5 分鐘。

操　作

1 觸按**時鐘**鍵，輸入所需的烹調時間 (5.00)。

x 5

2 觸按**開始 / 即時烹調**鍵。

x 1

要改變微波強度，觸按**微波**鍵鈕直至顯示所需功率。

*假設您需要用 30%的微波強度解凍 5 分鐘。

操　作

1 觸按**時鐘**鍵，輸入烹調時間，直至顯示出所需的時間 (5.00)。

x 5

2 觸按**微波**鍵改變微波功率，直至顯示所需的功率 (30P)。

x 4

3 觸按**開始 / 即時烹調**鍵。

x 1

注意：

1. 烹調後，烤爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據烤爐及零件溫度運行長達 10 分鐘。
2. 請勿使用蒸盤和金屬烤架。
3. 在烹調大量的食物，食物中的水可能被排入滴水托盤。烹調後取出，倒空滴水托盤。

提示：

製作蛋糕或烘肉捲時，將其放在玻璃盤下層位置 (位置 2)。

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其它簡便功能

延長或縮短時間調整（縮短（▼）/ 延長（▲）鍵）

a) 自動烹調時使用：

您可以選擇您喜歡的烹調時間。

如果您覺得自己喜歡稍微**延長**自動烹調的時間，在輸入重量後，請按**延長**（▲）鍵，然後觸按**開始 / 即時烹調**鍵。

如果您覺得自己喜歡稍微**縮短**自動烹調的時間，在輸入重量後，請按**縮短**（▼）鍵，然後觸按**開始 / 即時烹調**鍵

b) 手動烹調時使用：

在手動烹調過程中，每次觸按**縮短**（▼）或**延長**（▲）鍵時，能夠以 1 分鐘 / 次的間隔對烹調時間進行調整。

注意：該功能不適用於蒸氣烹調。

烹調結束後延長烹調時間

該功能僅適用於蒸氣選項、蒸（高）和蒸（低）。
烹調效果會根據室內溫度、最初食物溫度和其他因素而有所不同。您可以在烹調結束後選擇延長烹調時間來改變烹調效果。當烹調結束後，屏幕會顯示“EXTEND（延長）”。您只能在屏幕出現“EXTEND（延長）”這 5 分鐘之內增加烹調時間。根據烹調模式不同，烹調時間能延長 10 分鐘。觸按**時鐘**鍵輸入烹調時間並觸按**開始 / 即時烹調**鍵。將會繼續相同的烹調模式。請仔細檢查烹調過程以確保無誤。

注意：

1. 在延長蒸烹調之前，請確保水箱已經注入可飲用的室溫水（被過濾）至 MAX（滿水）線並正確安裝。如果在烹調過程中，屏幕出現“Err, WATER（錯誤，請加水）（閃爍）”指字樣 請為水箱注水至 MAX（滿水）線。正確放置並將其穩固地推入就位，然後觸按**暫停 / 取消**鍵以取消故障訊息。如果繼續烹調，請在手動烹調運行。請檢查已燒烤的時間。
2. 在觸按**暫停 / 取消**鍵後，延長烹調時間模式被取消。
3. 延長烹調時間功能可重複使用，直至食物被烹調至您想要的狀態。
4. 顯示幕顯示“EXTEND（延長）”時，電源節能模式會暫時取消。

順序分段烹調

該功能允許您使用三種手動烹調程式：微波、燒烤及混合烹調。

＊假設您想要使用順序烹調模式下：
使用 70% 微波功率 5 分鐘 （第一步）
使用燒烤模式 3 分鐘 （第二步）
使用混合烹調（高）模式 3 分鐘 （第三步）

操　作

1 第一步，觸按**微波**鍵直至顯示所需的微波功率 (70P) 後，觸按**時鐘**鍵，輸入所需的烹調時間 (5.00)。

2 第二步，按下**燒烤**鍵後，觸按**時鐘**鍵，輸入所需的烹調時間 (3.00)。

3 第三步，按下**混合烹調（高）**鍵後，觸按**時鐘**鍵，輸入所需的烹調時間 (3.00)。

4 觸按**開始 / 即時烹調**鍵。

注意：
烹調後，烤爐將會自動冷卻，此時您將聽到冷卻風扇的聲音。冷卻風扇將會根據烤爐及零件溫度運行長達 10 分鐘。

警告：
爐門、外殼、爐腔、附件、盤碟和特別是燒烤發熱器會變得很熱。在放入或取出食物時，應使用厚的烤箱手套，以防止燙傷。

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其它簡便功能

廚房計時器

將廚房計時器用作分鐘計時器或用來監督食品烹調 / 解凍所需的擱置時間。

• 假設您想要將廚房計時器的時間設定為 5 分鐘。

操　作

1 觸按**時鐘**鍵，輸入所需的烹調時間 (5.00)。

x 5

2 觸按**功能表 / 計時器**鍵一次。

x 1

注意：
在電源節能模式中，在輸入所需時間前，開啟及關閉爐門以啟動計時器。

即時烹調

開始 / 即時烹調鍵具有以下兩種功能：

a) 直接開始

觸按**開始 / 即時烹調**鍵，您即可直接以 100% 微波功率開始進行烹調 1 分鐘。

注意：
為避免兒童誤用，**開始 / 即時烹調**鍵只能在上一步操作後的 3 分鐘內使用，例如：關閉爐門，觸按**暫停 / 取消**鍵或完成烹調。

b) 延長手動烹調時間

如果在烤爐運轉過程中觸按**開始 / 即時烹調**鍵，您可以按 1 分鐘的倍數延長手動烹調時間。

注意：
該功能不適用於蒸氣烹調。
烹調時間可延長至 99 分鐘。

功能表

功能表提供 7 種特性功能。

In F1: 去除主機水分
In F2: 除垢
In F3: 水硬度
In F4: 示範模式
In F5: 兒童鎖
In F6: 時鐘
In F7: 節能模式

這些功能都可以選擇，方法是觸按**功能表 / 計時器**鍵直至顯示屏上顯示所需的功能，然後觸按**開始 / 即時烹調**鍵。

去除主機水分

可以通過使用去除主機水分功能，使蒸氣發生器內剩餘的水蒸發。請參見第 C-8 頁。

除垢

請參見第 C-8 頁。

水硬度

您的烤爐在出廠時水硬度設置被設置為 3(高硬度)。您可以自行對烤爐的水硬度等級進行設置。

在一些藥店可以買到測試片，對水硬度等級進行檢測。

在某些地區，可查詢自來水公司有關當地的水硬度。

當您使用其他試驗片時，請遵循其相關的操作指示。

硬度範圍	硬度等級	設置
1	<120 ppm <120 mg/l <6.7 ° dH	軟
2	120 - 250 ppm 120 - 250 mg/l 6.7 - 14.0 ° dH	硬
3	>250 ppm >250 mg/l >14.0 ° dH	高硬度

操　作

1 觸按**功能表 / 計時器**鍵 3 次 (In F3)。

2 觸按**重量**鍵，輸入所需的硬度等級，直至顯示出數量並觸按**開始 / 即時烹調**鍵。即使烤爐電源關閉，水硬度設置也會被保存於記憶體中。

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其它簡便功能

示範模式

該功能主要適用於零售商，並允許使用者練習主要操作。

如要進行示範，請觸按**功能表 / 計時器**鍵 4 次 (In F4)。然後觸按**開始 / 即時烹調**鍵。“dISP（示範）”會出現在屏幕上。

烹調操作將可以在烤爐內部不通電的狀態下進行示範。示範會以正常速度的 10 倍倒數至零。

如要終止示範，請觸按**功能表 / 計時器**鍵 4 次 (In F4)。然後觸按**開始 / 即時烹調**鍵。屏幕上出現“dISP OFF（示範關閉）”。或者拔下微波爐的電源並重新接入電源可取消示範模式。

注意：

1. 當觸按**暫停 / 取消**鍵時，“dISP（示範）”指示變為“.0”。
2. 如果設置了示範模式，電源節能模式將會被終止。

兒童鎖

兒童鎖功能可避免烤爐進行不必要的操作，例如幼兒的胡亂操作等。可以對烤爐進行設置，使控制面板無效並被鎖定。

如要進行示範兒童鎖，請觸按**功能表 / 計時器**鍵 5 次 (In F5)。然後觸按**開始 / 即時烹調**鍵。“SAFE（安全模式）”會出現在屏幕上。控制板進入鎖定狀態，每次觸動按鈕，屏幕上會出現“SAFE（安全模式）”字樣。

如要解除鎖定，請快速地觸按**功能表 / 計時器**鍵 5 次及**開始 / 即時烹調**鍵。屏幕上會顯示“SAFE OFF（安全模式解除）”，此時可以使用烤爐。

注意：

1. 如果設置了兒童鎖模式，電源節能模式將會被終止。
2. 當烤爐電源關閉時，該設置恢復為 OFF（關閉）。

時鐘

請參見第 C-9 頁。

節能模式

在節能模式下，如果您在三分鐘內仍未對微波爐進行操作（如關閉爐門，觸按**暫停 / 取消**鍵或者烹調結束後），顯示器不會有顯示，您將不能使用微波爐，若想重新使用微波爐，需要重新打開並關閉爐門。此時顯示“.0”，微波爐可以使用。

如果您設定了時鐘，節能模式將被取消。

若想自行啟動節能模式，按照下面的說明進行。

若想啟動節能模式（顯示器顯示當前時間），請觸按**功能表 / 計時器**鍵 7 次 (In F7) 然後觸按**開始 / 即時烹調**鍵。屏幕上出現“SV（節能模式）”。當烤爐電源關閉之前，屏幕上出現“.0”三分鐘。

注意：

當微波爐處於示範模式、鎖上兒童鎖，或者冷卻功能在運行時，會暫時取消節能模式。

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清洗及注意事項

清洗要點 - 及時和經常清潔！

每次使用烤爐後如不及時清洗，殘留在烤爐內壁的食物殘渣和油膩肉汁會堵塞烤爐且難以清除。蒸功能可在清洗過程中起到輔助作用。但是，在蒸氣的影響下，食物殘渣和肉汁會變得容易腐壞。因此，請務必及時清潔。

注意： 請勿將商業烤箱洗滌劑、蒸氣清潔劑、研磨劑、粗粒狀洗滌劑、任何含有氫氧化鈉成份的洗滌劑或百潔布清洗烤箱的任何部分。

在進行清洗前，請確保烤爐內壁、爐門、爐箱及其配件，尤其是燒烤發熱器均已經完全冷卻。

定時清洗微波爐 - 常保持微波爐清潔，清除殘留食物，否則會導致微波爐表面變質，更大大減低微波爐的壽命，甚致會造成危險。

烤箱外殼

爐箱外殼請用中性肥皂水來清洗。洗淨後用濕布將其清洗並用柔軟的毛巾擦乾。

操作面板

在清洗之前先將爐門打開，以確保烤箱不會在清洗過程中啟動。清洗烤箱控製件時需格外小心。使用柔軟濕布輕輕擦拭烤箱控製件直至乾淨。在擦拭過程中避免使用過多的水，不要使用任何化學或研磨性的洗滌劑。

爐門

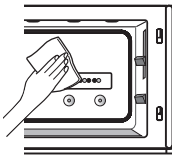
為清除所有污漬，應定期用柔軟的濕抹布清洗爐門兩面、爐門密封襯墊以及其四周。請勿使用粗糙的洗擦劑或銳利的金屬刮刀來清潔爐門玻璃，因為其會刮花表面，從而可能使玻璃碎裂。

密封條

務必保持門密封條清潔，以防出現損害。如果有水凝聚於門密封條內，應用柔軟的布拭乾。用另一塊柔軟抹布將其擦亮。切勿在這些表面上使用化學清潔劑或粗粒狀擦洗劑。應嚴格注意避免擦破、損傷或移動密封條。進行烹調之前，務必檢查爐門的密封條，確保其處於光潔、平整的狀態。否則，烤爐門會發生蒸氣洩漏。如果門密封條發生損壞，切勿使用烤爐。請向聲寶公司授權的服維修中心進行諮詢。

烤箱內壁

非常重要的資訊：



- 每次使用之後：在烤爐尚有餘溫時，用軟布和溫水（或中性肥皂水）擦拭烤爐壁。不清洗烤爐就直接使用可能會導致濺出的污漬堵塞烤爐。
- 清洗時切勿使用腐蝕性洗滌劑（酸性或鹼性）、噴射式洗滌劑、研磨劑、粗粒狀洗滌劑或百潔布等，以免損壞烤爐表面噴漆。

清除烤爐壁上的油污和濺出的食物殘渣：

1. 通過水箱蓋向水箱裡面充注可飲用的室溫水（被過濾）至刻度線 MAX（滿水）線。
2. 烤爐中不放食物，調至蒸（高）功能操作 10 分鐘。請參見使用說明書中的 C-14 頁。
3. 蒸完後，在烤爐尚有餘溫時用一塊乾燥的軟布擦拭烤爐內的污垢。請注意燒烤發熱器及蒸氣口的溫度可能很高，所以在擦拭烤爐頂部及爐腔背板時應格外謹慎（在烹調過程中，燒烤發熱器會以極短的時間間隔間歇性開啟。）然後，我們建議您對烤爐進行 3 分鐘燒烤操作（不放置任何食物和配件），以烘乾燒烤發熱器周圍的水份。

蒸盤 / 玻璃盤 / 烤架

烹調結束後，用中性肥皂水或清潔劑溶液清洗蒸盤、玻璃盤和烤架，沖洗乾淨並擦乾。切勿使用粗粒狀擦洗劑、銳利的金屬刮刀或硬毛刷，以免對容易清洗的表面造成損傷。所有附件均可在洗碗機內進行清洗。

水箱 / 水箱蓋

烹調結束後，用一塊軟濕布或海綿以中性肥皂水或清潔劑溶液進行清洗，沖洗乾淨並擦乾。切勿在洗碗機內進行清洗。清洗水箱和水箱蓋時，切勿使用粗粒狀擦洗劑、銳利的金屬刮刀或硬毛刷。

滴水托盤

烹調結束後倒空滴水托盤，用一塊軟濕布或海綿以中性肥皂水或清潔劑溶液進行清洗，沖洗乾淨，擦乾，並重新放置於烤爐前端之下。切勿在洗碗機內進行清洗。

蒸氣發生器之除垢

在產生蒸氣的過程中，蒸氣發生器上會形成水垢。如欲清除水垢，可當屏幕上出現“DESCALE（除垢）”時執行除垢功能。完整的操作說明請參見 C-8 頁。

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故障查閱指南表

如果顯示屏上顯示“EE”，或者您認為烤箱不能正常工作，在聯繫聲寶公司授權的維修中心之前，請檢查下表中所列的項目。這樣便能幫助您避免不必要的維修。

警告：
切勿自行調整、維修或更改烤箱。除了聲寶培訓的技師以外，如果由非技術人員進行任何保養或維修，則會存在危險。由於維修可能會涉及拆卸外殼，而外殼對電氣部件起著保護作用，所以由專人維修是很重要的。

- 維修和更改：如果烤箱不能正常工作，切勿試圖操作烤箱。
- 外殼：切勿自行拆卸外殼，以免觸電或灼傷。

故障查閱指南表

技術故障訊息 / 提示訊息

顯示屏上的訊息		採取的行動
技術故障訊息	EE（技術故障）	發生技術故障時，請聯繫聲寶公司授權的維修中心。
提示訊息	Err（錯誤）	您設置的時間超出了蒸（高）或蒸（低）的最長時限。請觸按**暫停 / 取消**鍵後重新設置。
	Err, HOT（錯誤，高溫）（閃爍）	因烤爐過熱而無法使用自動解凍或蒸（低）。移除烤爐內的食物，使其冷卻直至顯示的消息消失。
	Err, WATER（錯誤，請加水）（閃爍）	移除水箱並注水至 MAX（滿水）線的位置。重新放置並將其穩固地推入就位，然後觸按**暫停 / 取消**鍵以取消故障訊息。 確保水箱已注滿可飲用的室溫水（被過濾）至MAX（滿水）線。 如果繼續烹調，請使用手動烹調運行。請不時檢查食物的生熟程度。 **注意：** 1. 請確保沒有使用例如蒸餾水、去離子水、礦泉水等的其他液體。 2. 當您已在水箱中加水，該錯誤資訊仍然持續出現時，則微波爐的內部蒸氣系統可能出現故障。請聯繫由聲寶認可的服務中心。此時您仍可使用微波爐其他不用蒸氣的烹調模式。
	COLd（系統凍結）	內部蒸氣系統的水凍結。 在無食物、不預熱的條件下，操作燒烤模式 10 分鐘。請參見第 C-15 頁。
	DESCALE（除垢）（閃爍）	請遵循除垢的詳細操作說明。 請參見第 C-8 頁。
	HOT（高溫）（閃爍）	爐箱和爐腔內溫度很高。 應特別注意避免燙傷自己。
	SV（節能模式）	此訊息不屬於微波爐出現的故障。 當節能模式設置完成後，屏幕上出現“SV（節能模式）”。 當烤爐電源關閉之前，屏幕上出現“.0”三分鐘。 請參見第 C-19 頁。

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故障查閱指南表

以下現像是正常的，不屬於烤箱故障跡象。

問題 / 情況		回答
操作面板 / 電源	顯示黑屏 / 空白	* 打開爐門。關閉爐門。 * 檢查確保插頭正確連接到合適的牆壁插座上。 * 檢查壁上插座和保險絲是否正常操作。 * 斷開電源線連接，等待片刻後重新連接。然後打開及關閉爐門。
	屏幕功能正常，但是觸按**開始 / 即時烹調**鍵不起作用	* 打開烤爐門，之後再關上。烤爐照明燈是否熄滅？再次觸按**開始 / 即時烹調**鍵。 * 如果顯示消息“Err, HOT(錯誤，高溫)(閃爍)”，應稍等直至消息消失為止。
	烹調過程中電源中斷	設定的烹調時間和模式將會取消。 請採用手動模式繼續烹調。
電源節能模式	顯示器未變成空白	在以下情況下，電源節能模式將暫時停止： - 爐門開啟時； - 自動烹調暫停時； - 當烹調完風扇運作時； - 示範模式； - 兒童鎖； - 延長烹調時間模式； - 去除主機水分模式； - 除垢模式； - 廚房計時器模式； - 當顯示屏顯示“Err, WATER (錯誤，請加水) (閃爍)”時 - 時鐘模式
水	烤爐底前端出現漏水現象	* 檢查滴水托盤是否已被正確安放。移除並將滴水托盤正確放回原位。請參見第 C-6 頁。 * 在進行烹調之前是否已倒空滴水托盤裡的積水？在蒸烹調模式開始之前，必須將滴水托盤倒空並重新放置。請參見第 C-6 頁。

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故障查閱指南表

以下現像是正常的，不屬於烤箱故障跡象。

問題 / 情況		回答
蒸氣	打開烤箱門時，發現烤箱內有水。	蒸氣冷凝於烤箱內部。烤箱冷卻後，用柔軟抹布或海綿拭乾。
	蒸氣從微波爐底出來。	空氣通風口位於爐底（左側）。使用後的的蒸氣從空氣通風口冒出屬於正常現象。請注意，蒸食物時熱蒸氣會冒出，請勿讓兒童接近微波爐。
	爐腔內可見有冷凝水。	此屬正常操作。 蒸氣冷凝於烤箱底板上。烤箱冷卻後，用柔軟抹布或海綿拭幹。
	在烹調過程中，蒸氣從烤箱門冒出。	檢查烤箱門密封條，確保其處於光潔、平整的狀態。
運作噪音 / 聲音	在微波烹調過程中發出噪音。	當使用微波功能時，根據功率級別不同，可能會聽到磁控管週期性開、閉的聲音。
	烹調後發出聲音。	冷卻風扇將繼續運轉，直至烤箱冷卻。冷卻風扇將會根據烤箱及零件溫度運行長達 10 分鐘。
	高溫下烹調時發出聲音。	高溫可能會導致烤箱元件發生膨脹。此屬正常現象。
冒煙 / 氣味	第一次使用烤箱時，可能會冒煙或發出氣味。	請參見 C-9 頁“首次使用之前請清潔烤爐”部分的詳細操作說明。
烹調效果	需要用水進行的烹調操作，效果欠佳。	*進行烹調之前，是否已為水箱注水至最大刻度處？ *進行烹調時，是否將水箱從烤爐中移走？除非食譜或使用說明書中特別指明，否則請勿在烹調過程中移走水箱。 *你有沒有使用玻璃盤？請參見看第 C-6-7 頁的重要須知。
濺出的食物殘渣	粘在烤爐壁上濺出的食物殘渣難以清除。	請參見 C-20 頁“清除烤爐壁上的油污和濺出的食物殘渣：”。 每次使用後清潔烤爐是很重要的。
其它	屏幕出現時間，並快速倒數計時。	請參見 C-19 頁“示範模式”部分，並將其取消。
	熱空氣從烤箱的底部冒出來。	空氣通風口位於爐底（左側）。這屬於正常現象。請注意，混合烹調模式時熱空氣會冒出，請勿讓兒童接近微波爐。

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維修前檢查

在維修之前請先自行作以下檢查：

1. 當烤箱門被打開，之後再關上時，屏幕是否亮起？ 是 _____ 否 _____
2. 爐門打開時，照明燈是否亮著？ 是 _____ 否 _____
3. 將一杯水 (250 毫升) 放置於烤爐，並將爐門關妥。
   在爐門關好的情況下，照明燈應熄滅。
   將烤箱設定為微波烹調模式 100% 功率等級下運行 1 分鐘。此時：
   A. 照明燈是否點亮？ 是 _____ 否 _____
   B. 通風扇是否轉動？
      您會聽到風扇的聲音。 是 _____ 否 _____
   C. 微波指示器是否於顯示幕上出現？ 是 _____ 否 _____
   D. 1 分鐘後，微波爐有無發出一聲鳴響信號？ 是 _____ 否 _____
   E. 水是否已沸騰？ 是 _____ 否 _____
4. 移除烤箱內的水，並將烤箱設定為在燒烤模式下運行 5 分鐘。
   A. 燒烤指示器是否於顯示幕上出現？ 是 _____ 否 _____
   B. 烤箱停止運行後，其內部溫度是否很高？ 是 _____ 否 _____
5. 將水注入水箱並重新放置。
   使烤箱在蒸 (高) 模式條件下運行 3 分鐘。
   A. 烤箱停止運行後，其內部是否充滿蒸氣？ 是 _____ 否 _____

如以上任何一條問題答案是“否”，檢查電源插座及電錶箱的保險絲。
如電源插座及保險絲均無問題，請立刻與就近聲寶所指定的維修中心聯絡。

重要事項：如果在電源線正確連接之後，顯示器無顯示，“電源節能模式”可能正在運行。打開和關閉烤箱門使烤箱運行。請參見 C-9 頁“烹調開始前須知”。

注意：

1. 如顯示的時間倒數快速，檢查示範模式。(請參見 C-19 頁上的細節。)
2. 如果設置烤箱在微波模式 100% 功率等級條件下運行超過 20 分鐘，輸出功率將會降低，以避免發生過熱現象。最終的輸出功率將會是 70%。

規格

交流電壓	：請參見微波爐背面的標牌所示
耗電量	
微波	：1.53 千瓦
燒烤	：1.15 千瓦
蒸	：1.15 千瓦
輸出功率	
微波	：900 瓦 * (IEC 測試程序)
燒烤	：1.10 千瓦
蒸氣發熱器	：0.9 千瓦
微波頻率	：2450MHz** (乙類 / 第二組)
外型尺寸	：520 (闊) x 330 (高) x 474 (深) 毫米 ***
爐腔尺寸	：343 (闊) x 210 (高) x 381 (深) 毫米
微波爐容量	：27 公升 ****
重量	：約 19.5 公斤

* 此規格是以國際電工委員會 (IEC) 測量輸出功率的方法為標準。
** 此是以國際標準 (International Standard)CISPR11 中對工業，科學及醫學 (ISM) 儀器的分類。
*** 深度不包括爐門手柄。
**** 微波爐內部容量是根據最大闊度，深度和高度而計算的。實際存放食品的容量稍少於此值。

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烹調指南

要點謹記

- 在使用新的微波爐之前，請首先閱讀使用說明書。這本說明書非常重要，其中解釋了微波爐如何運作以及成功操作此微波爐需明白的事項。
- 使用圖表及菜譜中的資訊來幫助您改進您最喜歡的菜譜或便利食物。
- 圖表及菜譜中列出了標準條件下的烹調時間。食品、器具和微波爐的條件不同，烹調效果也不同。請檢查烹調效果，如有必要，可根據烹調效果調整烹調時間。
- 按照指示準備食物及使用配件。
- 將食物放入微波爐、翻轉、攪拌或添加食物時，請確保爐門不要開太久，以免熱力損失。
- 在將食物放入微波爐之前，請參見第 C-13 頁的食物和器具擺放位置圖表。
- 應確保將食材均勻排放於烤爐器皿內或是蒸盤內，以達到均衡的烹調效果。
- 使用微波、燒烤、混合烹調 (高) 或混合烹調 (低) 模式烹調時，無需往水箱中加水。
- 如果您想調整最適合您口味的微波烹調方法，請務必注意以下幾點：烹調時間縮短三分之一至二分之一。請遵照烹調指南中的示例食譜。

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烹調指南

關於器具和遮蓋物

下表可以幫助您確定在每一種模式下應該使用何種器具和遮蓋物。

烹調模式 / 器具 遮蓋物	蒸	燒烤	混合烹調	微波
鋁箔紙	是	是	是	是
			在食物上平穩地放置扁平的小片鋁箔，可用於遮蔽部分區域，避免烹調或解凍速度過快。鋁箔與烤箱內壁應保持至少 2 厘米的距離。	
金屬 / 箔容器	是	是	否	否
陶器 / 瓷器	是	是	是	是
	耐熱瓷器、陶器、瓷器、釉面陶器和骨瓷通常適用。如果容器上出現裂縫，切勿使用。否則，容器可能會破裂。		一般來說，瓷器適用於微波爐。在使用瓷器前請確保其不含任何金屬、黃金或銀質鍍層。請參見製造商推薦使用意見，確保產品可安全用於微波環境。切勿使用有裂縫的容器。	
耐熱玻璃器具 例如：Pyrex®	是	是	是	是
	使用精製玻璃器具時應當小心，否則突然受熱會導致器具破裂。切勿使用非耐熱玻璃器具。			
塑料 / 聚苯乙烯耐熱溫度高於 140℃	是	否	否	是
	由於一些容器在高溫下會扭翹、熔化或褪色，所以使用時應特別小心。			使用可安全用於微波環境的塑膠容器進行翻熱或解凍。某些可安全用於微波環境的塑膠並不適合於烹調高含糖量的食物。請遵循製造商的用法說明。
微波保鮮紙耐熱溫度高於 140℃	是	否	否	是
紙巾 / 紙盤	否	否	否	是
				僅用於加熱或吸收水分。請注意，過度加熱可能引起火災。切勿使用可能含有金屬碎屑的再生紙紙巾。
合成材料製成的容器	否	否	否	否
	其在高溫條件下可能會熔化。			
烤紙	是	否	否	否
烘烤袋	否	否	否	是
				請遵循製造商的用法說明。
銀質器皿和在烤爐內可能會生銹的器具或容器。	否	否	否	否
烤架	是	是	是	否
			提供的金屬架是專為混合烹調而設計的，不會損壞微波爐。	
蒸盤	是	否	否	否
玻璃盤	是	是	是	是
	為防止玻璃盤破碎： • 在用水清洗玻璃盤之前，先讓其冷卻。 • 不得在冷玻璃盤上放任何熱物品。 • 不得在熱玻璃盤上放任何冷物品。			

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烹調指南

烹調時，應當檢查烹調器具，確保適合用於採用的烹調模式。當在塑料容器中加熱食物時，應特別注意容器的熔化溫度。切勿加熱塑料容器高出它們的熔化溫度。鑑於熔化和起火的可能性，應當密切關注烤箱情況。

配件 有許多微波專用配件或耐熱配件可供選購。在購買之前應認真評估，以確定其能夠滿足您的需求。在使用單一微波功能進行烹調時，可安全用於微波環境的溫度計能夠幫助您確定恰當的煮熟程度，確保食物已經被烹調至安全的溫度。當使用配件時，對於可能由此造成對烤爐損害，聲寶公司不承擔任何責任。

對於自動烹調操作，應使用本使用說明書或附帶的食譜中相關烹調指南表列舉的推薦容器。

蒸模式烹調建議

蒸烹調需要有一定的技巧。為了確保獲得滿意的效果，必需按照這些技巧操作。許多技巧與常規烹調的使用方法相似，因此，您可能已經習慣使用這類烹調技巧。然而，對於採用蒸氣烹調、蒸（高）和蒸（低）模式的烹調，請遵循以下的建議。

注意：
- **使用時，務必密切關注烤箱。**
- **請確保烹調器具適用於蒸烹調模式。（請參見第 C-26 頁“關於器具和遮蓋物”）**
- **加強室內通風，使蒸氣消散。**
- **在烹調結束、烤爐冷卻後，移除並倒空水箱，用柔軟的布或海綿拭乾烤爐爐腔。倒空滴水托盤。**

- 蒸烹調模式的特別建議 -

烹調技巧	
容器	請確保食物均勻地放置。如果食物之間的空隙較小或沒有空隙，需要的烹調時間將會加長，請確保放置的食物之間留有足夠的空隙，以便使蒸氣能夠在食物周圍得以循環。有關容器方面，最好使用較淺的盤碟。建議您不要使用較厚的盤碟，因為這類盤碟將會延長建議的烹調時間。
覆蓋	多數情況下不需要覆蓋食物。如果需要覆蓋，建議使用鋁箔紙來防止爐腔內的冷凝水弄濕食物。覆蓋著的食物需要的烹調時間將會加長。
烤箱門	為了確保精確的烹調時間，請保持烤箱門關閉。
攪拌	有時，在沒有蓋的蒸鍋中翻熱湯或菜類時，烹調後會顯得非常稀。充分攪拌後，效果將會更好。
擱置	烹調後，建議把食物擱置一段時間，這樣便能夠使熱量在食物中均勻分散。切勿擱置太長時間，否則殘餘的蒸氣會過度烹調或弄濕食物。

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烹調指南

- 蒸烹調模式的特別建議 -

食物特徵	
密度	食物的密度將會影響所需的烹調時間長短。如果可以的話，請將食物切成薄片，並以單層放置。
數量	隨著烤箱內烹調食物數量的增多，烹調時間也定會加長。
大小	小塊食物的烹調速度要比大塊食物快，因為熱量能夠很快地從各個方向穿透到小塊食物的中央。為了達到均勻烹調，請將食物分成大小相等的小塊。
形狀	對於形狀不規則的食物，例如雞胸或雞腿，較厚的部分所需的烹調時間將會較長。食用之前，請檢查確保這些部分徹底烹調。
食物溫度	食物開始時的溫度會影響所需的烹調時間。冷藏食物所需的烹調時間要比室溫下儲存的食物長。容器的溫度不是食物或飲品的實際溫度。
佐料和調味品	佐料或調味品最好在烹調後才添加。如果在醃泡或調拌時添加，採用蒸氣烹調後的味道可能會變淡。請在烹調後根據需要重新添加佐料或調味品。

注意：

- 食用之前，請確保食物已徹底煮熟 / 翻熱。
- 烹調時間將會受到食物形狀、厚度、數量和溫度以及容器大小、形狀和材料影響。

臉和手：請務必戴上烤箱專用厚手套，將食物或烹調器具從烤箱中取出。在打開烤箱門使蒸氣消散時應特別小心。切勿徒手將食物從烤箱中取出。

食用前應檢查食物和飲料的溫度，並加以攪拌。尤其是在讓嬰兒、兒童或老人食用之前，務必特別注意進行上述操作。

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烹調指南

微波模式烹調建議

- 微波模式特別注意事項和警告資訊 -

	可	不可
蛋類，水果，果仁，種子，蔬菜，香腸和牡蠣（蠔）	* 烹調蛋類，蠔等食品時，需於蛋黃，蛋白或蠔表面刺數孔，以免烹調加熱時爆裂。 * 烹調馬鈴薯，蘋果，美國南瓜，熱狗，香腸及蠔等時，戳其皮數孔，讓烹調加熱時，部水蒸氣能溢出。	* 烹調或加熱帶殼蛋類。（若「爆裂」，可能損壞微波爐或造成危險。） * 為帶殼熟蛋類加熱。 * 過度加熱牡蠣（蠔）。 * 為帶殼果仁或種子類加熱。
爆玉米花	* 用微波爐爆玉米花時，必須使用微波爐爆玉米花專用袋。 * 聽到爆玉米花聲已減慢到 1-2 秒時，應停止繼續烹調，以免過火。	* 用普通的爆玉米花袋或微波爐適用的玻璃器皿來爆玉米花。 * 用微波爐爆玉米花專用袋爆玉米花時，設定的烹調時間過於所需時間。
嬰兒食品	* 轉盛嬰兒食品於微波爐烹調容器中，小心加熱之。必要時，均勻攪拌數次，直至加熱至適當的溫度為免燙傷。 * 加溫嬰兒奶瓶之前請移除螺旋蓋和奶嘴。加熱後，套上奶嘴，充份搖勻，達至適當溫度後，才餵嬰兒食用。	* 加熱即棄式瓶罐。 * 對奶瓶加熱過度，只可加熱至微溫的程度。 * 將帶有奶嘴的奶瓶加熱。 * 直接將盛載嬰兒食品的瓶罐加熱。
一般食品	* 烹調有餡料的食品後，請分斷切開，讓蒸氣溢出，避免灼傷。 * 加熱湯類飲料時，須用深底容器，以防湯類飲料濺出。	* 盛載食品於蓋上的玻璃瓶或密封容器來加熱烹調。 * 以微波爐來煎炸食品。 * 用微波爐烘乾木頭，藥草或沾濕的紙張，衣服或花類。
液體（飲料）	* 如要煮沸或烹調液體，請參見 C-1-2 頁之重要安全須知，以免引起爆炸或爆濺。	* 超過建議的烹調時間。
罐頭食品	* 將罐頭食品取出及放於微波爐適用容器內。	* 加熱或烹調罐裝食物。
香腸卷，餡餅，聖誕布丁	* 必須按“烹調指南”中的設定時間加以烹調。（屬高糖份或高脂肪含量的食品。）	* 烹調過度，以致冒煙起火。
肉類	* 燒烤時使用微波爐適用的金屬烤架及碟子以盛載。	* 將肉類直接放置在烤箱的陶瓷底板上進行烹調。
容器	* 請檢查在微波烹調適用之容器。	* 金屬反射微波能引起火花現象。 請在微波烹調中使用適用之金屬容器。
鋁箔紙（錫紙）	* 用鋁箔紙來包裹食品薄細部份，以免烹調過度。 * 注意火花產生。所以盡可能減少使用鋁箔紙，及應與爐之內壁保持距離。	* 使用鋁箔紙過多。 * 用鋁箔紙包裹的食品過於靠近爐箱內壁。產生的火花會對烤箱造成損害。

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烹調指南

- 微波模式操作建議 -

烹調技巧	
食品的放置	較厚向外，較薄向內（中央）。
決定烹調時間	開始時先用較短之烹調時間，然後再根據烹調後的情況而追加時間。 若烹調時間過長，會引起食物燒焦，起火。
食品的覆蓋	參考食譜的指南使用耐熱微波保鮮紙，蓋或紙巾將食品覆蓋好。這樣可以防止汁液飛濺，以及幫助食物均勻烹調。
食品的局部遮蓋	以防止肉塊細薄部份烹調過度 解凍時應用小塊鋁箔紙（錫紙）將這些部份包好。
食品的攪拌	必要時於烹調過程中由外至內攪拌食物一至兩次。
食品的翻轉	烹調雞腿，漢堡或扒類時，時間過半翻轉之，以達均勻的烹調效果。
食品的重新放置	在烹調中途置換食品的位置，如外圍及中部食品的交換，以及上層和下層的交換，以達均勻的烹調效果。
食品的擱置	烹調之後，應擱置一段適當時間。若有可能，應將食物由爐中取出並攪拌。擱置時加蓋，可讓食物完全地完成烹調
熟度檢查	烹調後食品之顏色及軟硬，可作為測試其生熟程度，方法如下； - 整個食品是否都有蒸氣溢出，而非只是局部或邊沿； - 家禽關節部是否容易撕開； - 肉塊或家禽已無血可見； - 魚肉已煮熟（非透明），且可用刀叉輕易切開。
濕氣的凝聚	濕氣凝聚是微波爐烹調的正常現象。烹調中，食物內部的水份和濕氣受熱蒸發，使爐箱內的含水量增加。一般來說，加蓋的食物比不加蓋的食物所凝聚的濕氣較少。故應經常保持微波爐通風口暢通無阻。
微波適用保鮮紙	烹調多油的食物時，由於保鮮紙有溶化之可能，故不可讓保鮮紙和食物表面接觸。
微波適用塑膠廚具	有些微波爐用的塑膠廚具不宜用來烹調多油或多醣的食物。
蛋糕 / 烘肉捲	要製作蛋糕或烘肉捲，請將容器置於玻璃盤上在下層位置（位置 2）。

- 解凍模式操作建議 -

解凍技巧	
放置	在較淺的盤碟上將食物排列成均勻的單層。這樣將會確保食物的所有部分都能均勻解凍。
分開	食物從冷凍箱中取出時可能會黏在一起。解凍過程中，應盡快將食物分開，這一點非常重要。 例如，牛扒、豬排等。
擱置	食物解凍後，需要擱置一段時間，以便確保徹底解凍。擱置食物時必須將其覆蓋住，這樣才能確保食物中央完全解凍。

注意：

・解凍之前，請去除所有包裝。

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自動烹調指南

蒸氣烹調食譜

- 確保水箱已注滿可飲用的室溫水（被過濾）至 MAX（滿水）線並安裝。

飯 / 雞蛋

選項號碼	選項名稱	重量範圍（增加單位）	操作	食物擺放位置
St11	**米飯** （烹調前溫度 20℃）	1 - 2 份量 (1 份量）	份量 | 米 | 水 1 份量（1 - 2 人用） | 150 克 | 250 毫升 2 份量（3 - 5 人用） | 300 克 | 500 毫升 • 將米淘洗乾淨。 • 將米和水盛在一個深底蒸鍋（約 2 升）中，浸泡 30 分鐘。（浸泡期間，攪拌米數次。） • 攪動，並將蒸鍋放置於玻璃盤上的蒸盤之上，無需封蓋。 • 將其置於下層位置（位置 2）。 • 烹調完成後，攪拌並擱置 5 分鐘。	2
St12	**糯米** （烹調前溫度 20℃）		• 請參見 C-33 頁的食譜。	2
St13	**蒸蛋** （烹調前溫度 20℃）	1 - 4 份量 (1 份量）	• 請參見 C-33 頁的食譜。	2
St14	**煮蛋** （烹調前溫度 20℃）	1 - 6 個	• 無需輸入重量。 • 將帶殼的雞蛋放置於玻璃盤上的蒸盤之上。 • 將其置於下層位置（位置 2）。	2

蔬菜

選項號碼	選項名稱	重量範圍（增加單位）	操作	食物擺放位置
St21	**新鮮蔬菜** （烹調前溫度 20℃） 例如：西蘭花（小棵）、生菜（塊）、蘆筍（條）、圓白菜（整棵或分半）、大白菜（塊）、菠菜（分半）、洋蔥（塊）、荷蘭豆（整條）、青椒（條）、小白菜、西蘭花、椰菜花塊	0.1 - 0.6 千克 (100 克）	• 洗淨蔬菜，然後除去多餘的水。 • 將蔬菜切成塊狀、片狀或條狀。 • 將切好的蔬菜放在一個淺餐盤上（直徑 22-27 厘米），撒上鹽和油。 • 將淺餐盤置於玻璃盤上的蒸盤之上。 • 將其置於下層位置（位置 2）。 • 烹調後，有需要時可攪拌。	2
St22	**冷凍蔬菜** （烹調前溫度 -18℃） 例如：椰菜花、胡蘿蔔條、西蘭花、玉蜀黍	0.1 - 0.6 千克 (100 克）	• 將冷凍蔬菜放在一個淺餐盤上（直徑 22-27 厘米）。 • 將淺餐盤放置於玻璃盤上的蒸盤之上，無需封蓋。 • 將其置於下層位置（位置 2）。 • 烹調後，攪拌並擱置 2 分鐘。	2

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自動烹調指南

蒸氣烹調食譜

魚 / 肉類 / 雞肉

選項號碼	選項名稱	重量範圍（增加單位）	操作	食物擺放位置
St31	**鮮魚** （烹調前溫度 5℃） 例如：整條海鯛魚、紅鯛魚、鯉魚、鯧魚、金線魚、黑鱲魚、鮮魚、石斑魚等	0.1 - 0.5 千克 (100 克）	• 將魚洗淨，去鱗。 • 用刀在魚身上劃開幾條切口，刺破魚眼。 • 將魚放在一個直徑為 22-27 厘米的淺餐盤上。 • 撒上適量的鹽和油。 • 頂部放上蔥絲和薑片。 • 將淺餐盤置於玻璃盤上的蒸盤之上，無需封蓋。 • 將其置於下層位置（位置 2）。	2
St32	**鮮肉** （烹調前溫度 5℃） 例如：豬肉餅、牛肉餅、排骨塊、雞塊等	0.2 - 0.5 千克 (100 克）	• 醃好肉後，將肉放在直徑為 22-27 厘米的淺餐盤上。 • 製作肉餅時，盡量製成薄塊，尤其是中央部分應較薄。 • 將淺餐盤放置於玻璃盤上的蒸盤之上，無需封蓋。 • 將其置於下層位置（位置 2）。	2
St33	**鮮蝦** （帶殼） （烹調前溫度 5℃）	0.2 - 0.6 千克 (100 克）	• 將蝦放在一個直徑為 22-27 厘米的淺餐盤上。 • 將淺餐盤放置於玻璃盤上的蒸盤之上，無需封蓋。 • 將其置於下層位置（位置 2）。	2
St34	**鮮雞柳** （烹調前溫度 5℃）	0.15 - 0.60 千克 (50 克） 建議：雞胸肉 (1 塊：150 克）	• 以鹽和胡椒粉為雞柳調味。 • 將雞柳放在一個直徑為 22-27 厘米的淺餐盤上。將淺盤置於玻璃盤上的蒸盤之上。 • 將其置於下層位置（位置 2）。	2

均衡烹調

選項號碼	選項名稱	重量範圍（增加單位）	操作	食物擺放位置
St41	**牛油粟米和蒸春卷** （烹調前溫度 20℃）	1-4 份量（1 份量）	• 請參見 C-34 頁的食譜。	2 和 3
St42	**新鮮蔬菜和蒸雞翼** （烹調前溫度 20℃：蔬菜，5℃：雞翼）	1-4 份量（1 份量）	• 請參見 C-34 頁的食譜。	2 和 3

甜品

選項號碼	選項名稱	重量範圍（增加單位）	操作	食物擺放位置
St51	**蒸蛋糕** （烹調前溫度 20℃）		• 請參見 C-35 頁的食譜。	2
St52	**蒸南瓜** （烹調前溫度 20℃）		• 請參見 C-35 頁的食譜。	2
St53	**牛乳布丁** （烹調前溫度 20℃）		• 請參見 C-35 頁的食譜。	2 和 3

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自動烹調指南

蒸氣烹調食譜

蒸氣翻熱

選項號碼	選項名稱	重量範圍（增加單位）	操作	食物擺放位置
St61	**燒賣** （烹調前溫度 -18℃） （冷凍）	0.10 - 0.25 千克 (50 克） (1 塊：10-15 克）	• 將燒賣放置於玻璃盤上的蒸盤之上，無需封蓋。 • 將其置於下層位置（位置 2)。	2
St62	**蒸餃** （烹調前溫度 -18℃） （冷凍）	0.1 - 0.5 千克 (100 克） (1 塊：25-50 克）	• 將蒸餃放置於玻璃盤上的蒸盤之上，無需封蓋。 • 將其置於下層位置（位置 2)。 **注意：** 對於大蒸餃(1 塊=50 克)，在觸開始鍵之前觸按**延長**鍵。	2
St63	**蔬菜 / 肉包** （烹調前溫度 -18℃） （冷凍）	1 - 4 塊 (1 塊：70 克）	• 無需輸入重量。 • 將蔬菜 / 肉包放置於蒸盤之上，無需封蓋。 • 將蒸盤置於上層位置（位置 3)，將無放置食物的玻璃盤置於下層位置（位置 2)。	2 和 3

飯 / 雞蛋

糯米

[配料]
300 克　糯米
270 克　水

適量的鹽、醬油、糖、芝麻油。

[作法]
1. 將米和水放入 20cm(8 英寸）的淺底方盤中，將米浸泡 1 小時。
2. 將餐盤置於玻璃盤上的蒸盤之上。
3. 將其置於下層位置（位置 2)，無需封蓋。
4. 使用蒸氣烹調，飯 / 雞蛋，St12(糯米）模式進行烹調。
5. 烹調完成後，輕輕攪拌並與熟肉製品一起食用。

蒸蛋

[配料]
<4 份量 >
120 克　雞蛋
240 克　水
10 克　日本米酒
4 克　鹽
適量的生抽

[作法]
1. 將水、日本米酒、鹽、生抽和雞蛋混合在一起並輕輕攪拌。
2. 將攪拌後的混合物 (1) 倒入淺盤中（約 1.5 品脫）或是 4 只食碗中（直徑為 4½ 英寸）。
3. 將餐盤置於玻璃盤上的蒸盤之上。
4. 將其置於下層位置（位置 2)，無需封蓋。
5. 使用蒸氣烹調，飯 / 雞蛋，St13(蒸蛋）模式進行烹調。

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自動烹調指南

均衡烹調

牛油粟米和蒸春卷

< 蒸春卷 >

配料		1 份量 (2 卷)	2 份量 (4 卷)	3 份量 (6 卷)	4 份量 (8 卷)
麵條片		125 克 (或 2 片)	250 克 (或 4 片)	375 克 (或 6 片)	500 克 (或 8 片)
豆芽 (切成長條形並煮熟)		50 克	100 克	150 克	200 克
紅蘿蔔 (切成長條形並煮熟)		50 克	100 克	150 克	200 克
A	蘑菇 (切成長條形)	50 克	100 克	150 克	200 克
	剁碎的雞肉	50 克	100 克	150 克	200 克
	蝦米	7 克	13 克	20 克	25 克
	硬豆腐 (切成小塊)	50 克	100 克	150 克	200 克
	搗碎的歐芹和大蒜	½ 湯匙	1 湯匙	1½ 湯匙	2 湯匙
	胡椒粉	¼ 茶匙	½ 茶匙	¾ 茶匙	1 茶匙
B	蠔油	1 湯匙	2 湯匙	3 湯匙	4 湯匙
	醬油	½ 湯匙	1 湯匙	1½ 湯匙	2 湯匙
	中草藥	適量	適量	適量	適量
	糖	適量	適量	適量	適量

< 牛油粟米 >

配料	1 份量	2 份量	3 份量	4 份量
粟米	50 克	100 克	150 克	200 克
人造牛油	1 克	2.5 克	3 克	5 克
糖	¾ 湯匙	1½ 湯匙	2 湯匙	3 湯匙
鹽	適量	適量	適量	適量
鮮牛奶	¼ 湯匙	½ 湯匙	¾ 湯匙	1 湯匙

注意：春卷調味料

甜味老抽	3 湯匙
水	3 湯匙
糖	2 湯匙
醋	2 湯匙
鹽	1 小撮
辣椒片	

[烹調]

1. 將配料 (A) 放入碗中，並將其置於烤爐底層 (位置 1) 上，以 100% 微波功率烹調 2-5 分鐘。加入調味料 (B) 並繼續以 100% 微波功率烹調 1-2 分鐘。
2. 在 (1) 中加入煮熟的豆芽和胡蘿蔔。
3. 如果使用純麵條片，則應將麵條浸泡於水中，並將其置於玻璃盤上的蒸盤之上。將其置於下層位置 (位置 2)，並以蒸 (高) 模式烹調 20 分鐘。蒸烹調完成後，將麵條切成小塊。
4. 用蒸熟的麵條片緊緊包裹 (3)。
5. 將春卷置於塗抹油脂的蒸盤上。將其置於下層位置 (位置 2)。
6. 將粟米置於另一個蒸盤上，並將其置於上層位置 (位置 3)。
7. 使用蒸氣烹調，均衡烹調，St41(牛油粟米和蒸春卷) 模式進行烹調。
8. 烹調完成後，將粟米放入碗中，並與人造牛油、糖、鹽以及鮮牛奶進行均勻混合。對用於春卷的所有調味料進行充分均勻混合，並與春卷一起食用。

新鮮蔬菜和蒸雞翼

< 蒸雞翼 >

配料		1 份量	2 份量	3 份量	4 份量
雞翼 (60g/ 隻)		150 克	300 克	450 克	600 克
A	蠔油	½ 湯匙	1 湯匙	1½ 湯匙	2 湯匙
	蜜糖	1 湯匙	2 湯匙	3 湯匙	4 湯匙
	胡椒粉	適量	適量	適量	適量
	鹽	¼ 茶匙	½ 茶匙	¾ 茶匙	1 茶匙
	醬油	¼ 茶匙	½ 茶匙	¾ 茶匙	1 茶匙

< 新鮮蔬菜 >

配料	1 份量	2 份量	3 份量	4 份量
花椰菜 (花)、紅蘿蔔 (薄片)、紅 / 黃椒 (條狀)、蘆筍 (條狀)	150 克	300 克	450 克	600 克

[烹調]

1. 將調味料 (A) 與醃雞翼混合 1 — 2 小時。
2. 將雞翼置於玻璃盤上的蒸盤之上。然後將其置於下層位置 (位置 2)。
3. 將蔬菜排放於蒸氣盤上，並將放置於上層位置 (位置 3)。
4. 使用蒸氣烹調，均衡烹調，St42(新鮮蔬菜和蒸雞翼) 進行烹調。

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自動烹調指南

甜品

蒸蛋糕

[配料]
<10 杯份量 >
2 雞蛋
100 克 糖
2 湯匙 食用油
150 毫升 牛奶
200 克 麵粉
½ 湯匙 發酵粉
60 克 提子乾

[作法]
1. 將食用油、糖和雞蛋攪拌混勻，之後加入牛奶。
2. 攪拌加入麵粉和發酵粉。再加入提子乾和上述混合物。
3. 將蛋糕混合物均勻分配至 10 個鋪有防油紙的小罐中 (深度為 3.5cm，直徑為 7.5cm)。
4. 將小罐置於玻璃盤上的蒸盤之上。
5. 將其置於下層位置 (位置 2)，無需封蓋。
6. 使用蒸氣烹調，甜品，St51(蒸蛋糕) 模式進行烹調。

注意：
蒸巧克力蛋糕
加入 1 湯匙可可粉及麵粉，用 50g 巧克力碎代替提子乾。

蒸南瓜

[配料]
<1 整隻 >
1.2 千克 整隻南瓜
¼ 杯 椰奶
1 雞蛋
2 鴨蛋
150 克 棕櫚糖
2-3 片 露兜樹葉

[作法]
1. 在南瓜頂部開一個孔。將南瓜籽舀出。
2. 在碗中將兩種蛋攪拌混合，之後混入椰奶。
3. 將蛋和椰奶進行混合後加入棕櫚糖。
4. 加入露兜樹葉，然後用手捏制直至散發出露兜樹的味道。
5. 將混合物通過濾網進行過濾，以去除泡沫。
6. 將牛奶蛋羹倒入南瓜中。
7. 將南瓜置於玻璃盤上的蒸盤之上。
8. 將其置於下層位置 (位置 2)，無需封蓋。
9. 使用蒸氣烹調，甜品，St52(蒸南瓜) 模式進行烹調。
10. 當烤爐停止運轉，發出聲音信號，並顯示屏幕閃爍 “WATER (加水)” 時，將水箱取出並加水至刻度 MAX(滿水) 線。
    將水箱重新裝回原味並觸按開始鍵。在暫停運轉期間請勿開啟爐門。
11. 烹調完成後檢查煮熟程度，如有需要則延長烹調時間。進行冷卻後切分。

牛乳布丁

[配料]
<4 杯份量 >
2 雞蛋
1 蛋黃
300 毫升 牛奶
2-3 滴 香草精
30 克 糖

焦糖淋醬
100 克 糖
4 湯匙 水

[作法]
1. 製作焦糖：將糖溶解於水中，持續攪拌。停止攪拌並加熱至沸點，直至金黃色的焦糖形成。
2. 用焦糖塗覆 4 隻小乾酪蛋糕碟 (深度為 4cm，直徑為 8.5cm) 的盤底。對其進行冷卻。
3. 以 100% 微波功率對牛奶加熱 1 分鐘。
4. 將雞蛋和蛋黃與糖攪拌在一起。
   將牛奶倒入蛋液中並混合均勻。
5. 在每個小乾酪蛋糕模子中注滿牛奶混合物。
6. 將餐盤放入蒸盤中，並將蒸盤置於上層位置 (位置 3)。將無放置食物的玻璃盤置於下層位置 (位置 2)。
7. 使用蒸氣烹調，甜品，St53(牛乳布丁) 模式進行烹調。
8. 烹調完成後，在食用前應先進行冷卻。

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自動烹調指南

自動燒烤食譜

選項號碼	選項名稱	重量範圍（增加單位）	操作	食物擺放位置
AG1	**烤雞** （烹調前溫度 5℃）	0.9 - 2.0 千克 (100 克）	• 將雞肉洗淨，除去脂肪並抹乾。 • 每 500 克雞肉採用 1 茶匙鹽、1 湯匙醬油、1 茶匙生粉和 1 茶匙糖調拌。 • 將雞胸部朝下置於玻璃盤中的烤架上。 • 將其置於烤爐底層（位置 1）。 • 當烤爐停止運轉並發出聲音信號時，將烤雞翻轉。 • 烹調結束後，將肉取出放在鋁箔紙中包好，擱置 10 分鐘。	1
AG2	**雞翼** （烹調前溫度 5℃）	4 - 12 隻 (1 隻 : 40 克）	• 將雞翼洗淨，刺破雞皮，抹乾，並用拌好的調味品醃製。每 12 隻雞翼採用 1 茶匙鹽、1 湯匙醬油、1 茶匙生粉和 1 茶匙糖醃製。 • 將雞翼排放於玻璃盤內的烤架上。 • 將其置於下層位置（位置 2）。 • 當烤爐停止運轉並發出聲音信號時，將雞翼翻轉。 • 烹調後，將雞翼取出放在碟子中食用。	2
AG3	**烤魚** （烹調前溫度 8-12℃） 例如：鯧魚、金線魚、鯖魚、鯛魚等。	0.2 - 0.4 千克 (100 克）	• 將魚洗淨，去鱗。 • 用刀在魚身上劃開幾條切口，刺破魚眼。 • 抹乾，之後在魚身上抹油。 • 置於玻璃盤中的烤架上（輕塗少許油），無需封蓋。 • 將其置於下層位置（位置 2）。 • 當烤爐停止運轉時將其翻轉。繼續烹調。 **注意：** 烹調少量的魚或薄魚片時，建議您在烹調過程中經常查看，避免烹調過度。	2
AG4	**牛排** （烹調前溫度 8-12℃） (1-1.5cm 厚度）	0.2 - 0.6 千克 (100 克）	• 為達到良好的烹調效果，牛排的建議厚度為 1.5cm。 • 根據個人喜好進行調味。 • 置於玻璃盤中的烤架上。 • 將其置於上層位置（位置 3）。 • 當烤爐停止運轉時，請將牛排翻轉。 • 烹調完成後，擱置一段時間。 • 可根據需要，用熱調味汁調味後食用。 **注意：** 如果牛排的厚度大於 1.5cm，請以燒烤模式手動烹調，並將其置於下層位置（位置 2）。 參見第 C-39 頁。	3

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自動烹調指南

自動翻熱食譜

選項號碼	選項名稱	重量範圍（增加單位）	操作
AR1	**翻熱餸菜** （烹調前溫度 4-12℃） 例如：午餐 / 晚餐餐盤，肉盤、炒麵、盤飯	1 份量 （約 200g）	• 從冰箱中取出餸菜。 • 用微波保鮮紙或蓋子進行封蓋。 • 無需輸入數量。 • 放置於烤爐底層中央位置（位置 1）。 • 翻熱完成後，進行攪動並帶蓋放置 1 分鐘。
AR2	**翻熱湯** （烹調前溫度 4-12℃）	1 - 4 碗 （1 碗：約 250 毫升）	• 放入耐熱玻璃碗或中國陶瓷碗中。 • 無需封蓋。 • 放置於烤爐底層中央位置（位置 1）。 • 翻熱後進行攪動。
AR3	**翻熱飲料** （烹調前溫度 20-25℃）	1 - 4 杯 （1 杯：約 250 毫升）	• 無需封蓋。 • 放置於烤爐底層中央位置（位置 1）。 • 翻熱後進行攪動。

自動解凍食譜

選項號碼	選項名稱	重量範圍（增加單位）	操作
dE1	**牛排 / 豬排** （烹調前溫度 -18℃）	0.2 - 1.0 千克 (100g)	• 將食物放入盤碟中或是餡餅盤中，並置於烤爐底層中央位置（位置 1）。 • 當烤爐停止運轉並發出聲音信號時，將食物翻轉，如果可能，請重新排列 。如果有必要可用少量鋁箔遮蔽薄件及已變暖部份。 • 解凍完成後 ,用鋁箔紙包裹並保持 10-20 分鐘 ,直至完全解凍。 • 請參見下述的注意。
dE2	**碎肉** （烹調前溫度 -18℃）	0.2 - 1.0 千克 (100g)	• 將塊狀碎肉放入盤碟中或是餡餅盤中，並置於烤爐底層中央位置（位置 1）。 • 當烤爐停止運轉並發出聲音信號時，將食物翻轉。如果可能，請移除已解凍部分。 • 解凍完成後，用鋁箔紙包裹並保持 5-10 分鐘，直至完全解凍。 • 請參見下述的注意。
dE3	**家禽** （烹調前溫度 -18℃） 建議僅有除去內臟的家禽適用於此程序。	0.9 - 2.0 千克 (100g)	• 將家禽胸部朝下置於烤爐底板中央位置（位置 1）的餡餅盤或餐盤上。 • 當烤爐停止運轉並發出聲音信號時，將其翻轉並用小鋁箔紙包裹較薄的部位及過熱點。 • 當聲音信號再次響起，請再次進行翻轉。 • 解凍完成後，用冷水進行沖洗，之後用鋁箔紙包裹並保持 30-60 分鐘，直至完全解凍。最後，用自來水清洗家禽。

未列入指南的食物在解凍時可手動設置使用 30% 微波功率等級。

注意：

1. 牛排和豬排應置於同一層進行冷凍。
2. 碎肉應以較薄的形狀進行冷凍。
3. 如果需要對已解凍部位進行包裹，請使用小尺寸且平整的鋁箔紙。
4. 在解凍後應立即對家禽進行加工處理。

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手動烹調指南

蒸 (高) 食譜

使用玻璃盤和蒸盤

食物			數量	烤爐設置	烹調時間	食物擺放位置
海鮮	魚柳 (½ 英寸厚)		800 克	蒸 (高)	21 分鐘	2
	貝類，帶殼		900 克	蒸 (高)	20 分鐘	2
	扇貝		500 克	蒸 (高)	10 分鐘	2
	大蝦		500 克	蒸 (高)	14-16 分鐘	2
家禽	雞胸、半隻		1 千克	蒸 (高)	30 分鐘	2
餃子	速凍餃子		500 克	蒸 (高)	16 分鐘	2
蔬菜	蘆筍條 (對半切開)		500 克	蒸 (高)	21 分鐘	2
	豆類 (完整的)		500 克	蒸 (高)	21 分鐘	2
	白菜 (剁碎)		500 克	蒸 (高)	7-9 分鐘	2
	西蘭花		500 克	蒸 (高)	21 分鐘	2
	芽甘藍 (對半切開)		500 克	蒸 (高)	25 分鐘	2
	捲心菜 (切碎)		500 克	蒸 (高)	16 分鐘	2
	紅蘿蔔，切片		500 克	蒸 (高)	21 分鐘	2
	椰菜花		500 克	蒸 (高)	21 分鐘	2
	粟米 (4 小支)		500 克	蒸 (高)	21 分鐘	2
	蘑菇，扭狀 (整隻)		500 克	蒸 (高)	16 分鐘	2
	豌豆 (完整的)		500 克	蒸 (高)	16 分鐘	2
	荷蘭豆 (完整的)		250 克	蒸 (高)	8 分鐘	2
	馬鈴薯	四等分	500 克	蒸 (高)	25 分鐘	2
		馬鈴薯仔，小個	500 克	蒸 (高)	30 分鐘	2
	南瓜 (2cm 方丁)		500 克	蒸 (高)	30 分鐘	2
	菠菜 (切碎)		250 克	蒸 (高)	10 分鐘	2
	蕃薯 (20g 切片)		500 克	蒸 (高)	25 分鐘	2
	黃色南瓜 (四等分)		500 克	蒸 (高)	20-22 分鐘	2
	西葫蘆 (切片或四等分)		500 克	蒸 (高)	16 分鐘	2
米飯	白米	½ 杯加 ½ 杯水	—	蒸 (高)	25 分鐘	2
		1 杯加 1 杯水	—	蒸 (高)	30 分鐘	2
意大利面	意大利乾麵	½ 杯加 ½ 杯水	—	蒸 (高)	25 分鐘	2
		1 杯加 1 杯水	—	蒸 (高)	30 分鐘	2

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手動烹調指南

混合烹調食譜 使用玻璃盤和烤架

食物		數量	烹調時間和操作	擱置時間	食物擺放位置	結果
牛肉	烤牛肩肉	1 千克	使用 70% 的微波烹調 8 分鐘 使用混合烹調 (高) 烹調 9 分鐘 翻轉 使用 70% 的微波烹調 3½ 分鐘 使用混合烹調 (高) 烹調 9 分鐘	10 分鐘	1	半生熟
	牛柳	1 千克	使用 70% 的微波烹調 8 分鐘 使用混合烹調 (高) 烹調 9 分鐘 翻轉 使用 70% 的微波烹調 3½ 分鐘 使用混合烹調 (高) 烹調 9 分鐘	10 分鐘	1	半生熟
	漢堡碎肉餅 * (1cm 厚)	4 個 小餡餅 (500g)	使用燒烤烹調 9 分鐘 翻轉 使用燒烤烹調 7 分鐘	5 分鐘	3	全熟
	牛排 (T 骨牛排，肉眼牛排，牛里脊肉)	800 克	使用燒烤烹調 12 分鐘 翻轉 使用燒烤烹調 14 分鐘	10 分鐘	2	半生熟 / 全熟
豬肉	脫骨豬里脊肉 **	1 千克	使用 70% 的微波烹調 12-15 分鐘 使用燒烤烹調 5-7 分鐘 翻轉 使用 70% 的微波烹調 8-10 分鐘 使用燒烤烹調 3-5 分鐘	10 分鐘	1	全熟
家禽	雞胸 (半隻)	1 千克	使用燒烤烹調 15 分鐘 翻轉 使用燒烤烹調 20 分鐘	10 分鐘	2	全熟
	整隻雞	900 克	使用 100% 的微波烹調 1 分鐘 使用混合烹調 (高) 烹調 12 分鐘 20 秒鐘 翻轉 使用混合烹調 (高) 烹調 12 ½ 分鐘	5 分鐘	1	全熟
	雞腿	500 克	使用混合烹調 (高) 烹調 5 分鐘 使用燒烤烹調 6½ 分鐘 翻轉 使用混合烹調 (高) 烹調 5 分鐘 使用燒烤烹調 5 分鐘	7 分鐘	2	煮熟
香腸	標準	600 克	使用混合烹調 (高) 烹調 3 分鐘 使用燒烤烹調 8½ 分鐘 翻轉 使用混合烹調 (高) 烹調 2 ½ 分鐘 使用燒烤烹調 6 分鐘 10 秒鐘	5 分鐘	2	煮熟
海鮮	魚排 (例如 鮭魚)	1 千克	使用燒烤烹調 15 分鐘 翻轉 使用燒烤烹調 10 分鐘	5 分鐘	2	煮熟，濕潤，容易剝落
	大蝦 (在烤肉串上)	500 克	使用燒烤烹調 10 分鐘 翻轉 使用燒烤烹調 14 分鐘	2 分鐘	2	不透明，濕潤

* 放在烤架上的漢堡不應超過 1 厘米厚，以確保其不發生起火。

** 烤箱只能烹調 1 千克豬肉。由於會產生煙霧和油四濺而導致危險，所以不能烹調更大體積的肉片。在烹調較肥的肉，如豬肉或羊肉時，請勿使用混合烹調模式，以防止產生煙霧和油四濺。

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手動烹調指南

翻熱及解凍便利食品表

食物	數量	烤爐設置和烹調時間	操作	擱置時間
飲料	1 杯	使用 100% 的微波烹調 2 分鐘	微波爐專用杯。加熱過程及加熱後進行攪拌。	—
	2 杯	使用 100% 的微波烹調 4 分鐘		
罐頭食品	1 杯	使用 100% 的微波烹調 2 分鐘	將食物放入微波爐專用的燉肉用淺鍋後，用保鮮紙包裹。攪拌後食用。	2 分鐘
	2 杯	使用 100% 的微波烹調 3½ 分鐘		
罐頭濃湯	1 杯	使用 100% 的微波烹調 2 分鐘	將湯放入一個微波爐專用的小碗中，加熱後攪拌。	—
	2 杯	使用 100% 的微波烹調 3½ 分鐘		
肉批	1 塊	使用 50% 的微波烹調 2 分鐘，然後使用燒烤烹調 4 分鐘	將肉批放於兩張紙巾中間，使用微波烹調，微波烹調好後將肉批放到燒烤架中，並將玻璃盤置於燒烤架下層位置 (位置 2) 上進入燒烤模式。	3 分鐘
	4 塊	使用 50% 的微波烹調 6 分鐘，然後使用燒烤烹調 6 分鐘		
冷凍意大利麵	300-500 克	使用 100% 的微波烹調 6 分鐘，然後使用 50% 的微波烹調 5 分鐘，然後使用燒烤烹調 4 分鐘	從箔容器中取出食物，放在一個耐熱小玻璃盤 (如高硼矽) 上，使用微波功能烹調，然後將食物移放在烤架上，將玻璃盤放在下層位置 (位置 2) 上使用燒烤模式烹調。	3 分鐘
牛角包	1 個	使用 30% 的微波烹調 1 分鐘	放於兩張紙巾中間	—
	2 個	使用 30% 的微波烹調 1½ 分鐘		
水果派 (單人份)	1 個	使用 50% 的微波烹調 1½ 分鐘，然後使用燒烤烹調 4 分鐘	從箔容器中取出食物，放在烤爐底層 (位置 1)，使用微波模式烹調，然後放到烤架上，將玻璃盤放在下層位置 (位置 2) 上使用燒烤模式烹調。	—
	2 個	使用 50% 的微波烹調 1½ 分鐘，然後使用燒烤烹調 4 分鐘		
丹麥酥皮餅	400 克	使用 70% 的微波烹調 4½ 分鐘，然後使用燒烤烹調 5 分鐘	從箔容器中取出食物，放在微波爐專用盤上使用微波功能烹調，然後放到烤架上，將玻璃盤放在下層位置 (位置 2) 上使用燒烤模式烹調。	3 分鐘

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手動烹調指南

微波：冷凍蔬菜指南

1. 將蔬菜放入中號 / 大號的微波爐專用碗中，用保鮮紙包裹好，放在烤爐底層 (位置 1)。
2. 在排乾剩餘水份並食用前，應繼續擱置 2 分鐘。

食物		數量	烹調時間 (100%)	操作
豆類 (綠色，切開)		500 克	9 分鐘	
西蘭花		500 克	8-8½ 分鐘	盡快地將其分開。 向著中間位置擺放花朵。
胡蘿蔔	(整隻)	500 克	10 分鐘	中途攪拌。
	(切片)	500 克	9 分鐘	
椰菜花		500 克	9 分鐘	盡快地將其分開。 向著中間位置擺放花朵。
粟米 (原條)		4 塊 /500 克	8 分鐘	
豌豆 (綠色)		500 克	9 分鐘	
菠菜		250 克	6 分鐘	盡快地將其分開。
什錦蔬菜 (例如胡蘿蔔、豆類和玉米仁等)		500 克	10-11 分鐘	盡快地將其分開。

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手動烹調指南

微波：新鮮蔬菜指南

1. 用保鮮紙包裹每一樣食物。置於烤爐底層 (位置 1)。
2. 擱置一段時間後，應在食用前排乾所有剩餘水份。

食物	數量	烹調時間 (100%)	操作
蘆筍 (對半切開)	500 克	3 ½ 分鐘	將食物放入微波爐專用淺盤。蓋好。擱置 3 分鐘。
豆類 (完整的)	500 克	5 分鐘	將食物放入燉肉用淺鍋，加 1 湯匙水。蓋好。擱置 5 分鐘。
西蘭花 (大小一樣切件)	500 克	5 分鐘	將食物放入燉肉用淺鍋。蓋好。擱置 3 分鐘。
芽甘藍	500 克	8 分鐘	將食物放入燉肉用淺鍋。蓋好。擱置 3 分鐘。
捲心菜 (切碎)	500 克	8 分鐘	將食物放入燉肉用淺鍋，加 2 湯匙水。蓋好。擱置 3 分鐘。
紅蘿蔔 (切片)	500 克	5 分鐘	將食物放入微波爐專用淺盤。蓋好。擱置 3 分鐘。(欲減少咀嚼時的嘎扎聲，可烹調更長時間)
椰菜花 (大小一樣切件)	500 克	6-7 分鐘	將食物放入燉肉用淺鍋，加 1 湯匙水。蓋好。擱置 3 分鐘。
原條粟米	2 塊	8 分鐘	將食物放入燉肉用淺鍋，加 ¼ 杯水。蓋好。擱置 3 分鐘。
	4 塊	16 分鐘	將食物放入燉肉用淺鍋，加 1/3 杯水蓋好。擱置 5 分鐘。
蘑菇 (整隻)	500 克	5 分鐘	將食物放入燉肉用淺鍋，加 2 湯匙水。蓋好。擱置 3 分鐘。
豌豆 (綠色，完整的)	500 克	5 分鐘	將食物放入燉肉用淺鍋，加 1 湯匙水。蓋好。擱置 2 分鐘。
馬鈴薯 - 馬鈴薯皮 (小個)	4 個	6 分鐘	用刀叉刺破。擱置 3 分鐘。
南瓜 (2cm 方丁)	500 克	10 分鐘	將食物放入燉肉用淺鍋。蓋好。擱置 2 分鐘。
菠菜 (切碎)	500 克	8 分鐘	將食物放入燉肉用淺鍋，加 2 湯匙水。蓋好。擱置 3 分鐘。
荷蘭豆 (完整的)	500 克	4 分鐘	將食物放入燉肉用淺鍋，加 1 湯匙水。蓋好。擱置 3 分鐘。(欲減少咀嚼時的嘎扎聲，可烹調更長時間)
南瓜 (整隻)	500 克	5 分鐘	用刀叉刺破。將食物放入燉肉用淺鍋。蓋好。擱置 3 分鐘。
蕃薯 (2cm 方丁)	500 克	8 分鐘	將食物放入燉肉用淺鍋，加 ½ 杯水。蓋好。擱置 5 分鐘。
西葫蘆 (切片或四等分)	500 克	4 分鐘	將食物放入燉肉用淺鍋，加 1 湯匙水和 1 湯匙牛油。蓋好。擱置 3 分鐘。

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手動烹調指南

微波：肉、家禽、海鮮和麵包解凍時間

1. 去除包裝紙並將冷凍品置於帶有支架 (微波爐專用解凍架) 的微波爐專用解凍淺盤上。用鋁箔包裹冷凍品以防止冷凍品在解凍過程中被煮熟。
2. 按照“微波時間”欄中所列步驟進行解凍。
3. 在進行翻轉時，重新包裹冷凍品，使其在繼續解凍的過程中不被煮熟。

食物			烤爐設置和烹調時間	操作	擱置時間
牛肉	烤肉 (1 千克)		使用 30% 的微波烹調 6 分鐘 使用 10% 的微波烹調 8 ½ 分鐘 翻轉後包裹 使用 30% 的微波烹調 2 ½ 分鐘 使用 10% 的微波烹調 8 分鐘	第二次微波設置 (8 ½ 分鐘，10%微波功率) 結束時翻轉。	30 分鐘
	牛排 (500 克)		使用 30% 的微波烹調 2 ½ 分鐘 使用 10% 的微波烹調 1 分鐘 50 秒鐘 翻轉後包裹 使用 30% 的微波烹調 1 分鐘 50 秒鐘 使用 10% 的微波烹調 2 分鐘	第二次微波設置 (1 分鐘 50 秒鐘，10%微波功率) 結束時翻轉。	10 分鐘
	碎肉 (500 克)		使用 50% 的微波烹調 3 ½ 分鐘 翻轉後包裹 使用 30% 的微波烹調 4 ½ 分鐘	第一次微波設置 (3 ½ 分鐘，50%微波功率) 後翻轉。取出解凍了的肉放在一邊 (解凍完成後加上)	10 分鐘
羊肉	烤肉 (1 千克)		使用 30% 的微波烹調 6 分鐘 使用 10% 的微波烹調 8 ½ 分鐘 翻轉後包裹 使用 30% 的微波烹調 2 ½ 分鐘 使用 10% 的微波烹調 8 分鐘	第二次微波設置 (8 ½ 分鐘，10%微波功率) 結束時翻轉。	30 分鐘
	肩部 (1 千克)		使用 30% 的微波烹調 6 分鐘 使用 10% 的微波烹調 8 ½ 分鐘 翻轉後包裹 使用 30% 的微波烹調 2 ½ 分鐘 使用 10% 的微波烹調 8 分鐘	第二次微波設置 (8 ½ 分鐘，10%微波功率) 結束時翻轉。	30 分鐘
	羊排 (500 克)		使用 30% 的微波烹調 2 ½ 分鐘 使用 10% 的微波烹調 1 分鐘 50 秒鐘 翻轉後包裹 使用 30% 的微波烹調 1 分鐘 50 秒鐘 使用 10% 的微波烹調 2 分鐘	第二次微波設置 (1 分鐘 50 秒鐘，10%微波功率) 結束時翻轉。	10 分鐘
家禽	雞肉 - 整隻 - (1 千克)		使用 30% 的微波烹調 5 ½ 分鐘 使用 10% 的微波烹調 4 分鐘 翻轉後包裹 使用 30% 的微波烹調 4 分鐘 使用 10% 的微波烹調 7 分鐘 10 秒鐘	第二次微波設置 (4 分鐘，10%微波功率) 結束時翻轉。	30 分鐘
	雞塊 (500 克)		使用 30% 的微波烹調 3 分鐘 使用 10% 的微波烹調 4 分鐘 翻轉後包裹 使用 30% 的微波烹調 1 分鐘 10 秒鐘 使用 10% 的微波烹調 4 分鐘	第二次微波設置 (4 分鐘，10%微波功率) 結束時翻轉。	15 分鐘
海鮮	扇貝 (500 克)		使用 30% 的微波烹調 3 ½ 分鐘 翻轉後分開 使用 30% 的微波烹調 3 分鐘	第一次微波設置 (3 ½ 分鐘，30%微波功率) 後翻轉。分開扇貝。	5 分鐘
	大蝦 - 整隻 (500 克)		使用 30% 的微波烹調 3 分鐘 翻轉後分開 使用 30% 的微波烹調 3 分鐘	第一次微波設置 (3 分鐘，30%微波功率) 後翻轉。分開大蝦。	5 分鐘
麵包	片	2	40 秒鐘在 30% 的微波烹調	(無需解凍架) 將麵包置於兩層紙巾之間。直接置於烤爐底層 (位置 1)。	—
		4	50 秒鐘在 30% 的微波烹調		
	卷	1	40 秒鐘在 30% 的微波烹調	(無需解凍架) 將麵包置於兩層紙巾之間 - 每增加一卷均需額外增加 30 秒鐘直接置於烤爐底層 (位置 1)。	—
		2	1 分鐘 10 秒鐘在 30% 的微波烹調		

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食譜

薑蔥螃蟹

配料
1 千克　蟹
1　辣椒
2 片　薑
1 條　蔥
1 茶匙　麻油

作法
1. 蟹洗淨斬件擺在碟上。
2. 放上辣椒絲、麻油和薑，並灑水少許。
3. 將餐盤置於玻璃盤上的蒸盤之上。將其置於下層位置(位置2)，使用蒸(高)模式，烹調20分鐘。

蒜茸蒸蝦

配料
300 克　大蝦(帶殼)

裝飾料
4 瓣　蒜頭(切碎)
1 條　青蔥(切粒)
½ 茶匙　鹽
2 茶匙　油

作法
1. 將所有裝飾料攪拌均勻，備用。
2. 將大蝦從腹部切半，平放於一淺碟上。
3. 將裝飾料平均撒在大蝦上，將淺碟置於玻璃盤上的蒸盤之上，然後將其置於下層位置(位置2)，使用蒸(高)模式，烹調14-15分鐘。

蝦餃

配料
600 克　蝦
30 克　竹筍
150 克　澄麵粉
3 湯匙　生粉

調味料
1 茶匙　鹽
1 茶匙　糖
2 湯匙　生粉
1 茶匙　麻油
　　胡椒粉 適量

作法
1. 材料處理：
   a) 鮮蝦去殼，用鹽(1茶匙)來醃，之後洗淨抹乾。
   b) 竹筍切碎後放於大碗內，加鹽(½茶匙)和水(120毫升)。將其置於玻璃盤上的蒸盤之上。將其置於下層位置(位置2)，使用蒸(高)模式，烹調8-10分鐘。之後瀝去水份。
   c) 用滾水(250毫升)將澄麵粉和生粉以木棍攪勻，之後放於木板上搓成條狀。切出約10克之麵粉粒，並以薄刀片把之壓成圓形薄片之餃皮。
2. 將蝦、竹筍及脂肪用調味料醃好，攪勻後再加入適量生粉，攪至起膠成餃餡。
3. 取一餃皮，於其中放入2茶匙餃餡(2)。
4. 將餃皮兩端封折，用手指捏緊其邊成餃。
5. 製作30個水餃。在兩個蒸盤上塗抹食用油，然後將水餃均勻擺放在兩個蒸盤上。於水餃面上掃油，灑水少許。
6. 將一個蒸盤置於上層位置(位置3)。將玻璃盤上的另外蒸盤置於下層位置(位置2)，使用蒸(高)模式，烹調20分鐘。

清蒸魚

配料
200 克　魚
　　薑絲
　　蔥絲

作法
1. 將魚洗淨去鱗，用刀於魚身割數刀。
2. 將魚放於碟上，灑上水、鹽及油。再撒上蔥及薑絲。
3. 將碟置於玻璃盤上的蒸盤之上。將其置於下層位置(位置2)，使用蒸(高)模式，烹調27-28分鐘。

注意: 確實之烹調時間會因魚之種類及形狀等而有不同。

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食譜

釀蜆

配料

8	蜆(帶殼)
40 克	絞碎雞肉
1 茶匙	酒
1 茶匙	醬油
1 湯匙	蔥粒
½	雞蛋
1½ 湯匙	生粉
¼ 茶匙	薑汁
¼ 茶匙	糖
½ 茶匙	鹽

作法

1. 浸蜆於鹽水，以去其泥沙。再相互洗擦其貝殼，以至完全洗淨。
2. 將蜆置於玻璃盤上的蒸盤之上。將其置於下層位置(位置2)。使用蒸(高)模式，烹調10分鐘，或直至蜆殼張開。
3. 將其餘材料混合拌勻，分為8等份。
4. 將各份分別填入8只蜆(已張開)的另一空殼之中。
5. 將這16件半蜆殼擺於碟上。將碟置於玻璃盤上的蒸盤之上。將其置於下層位置(位置2)。重新往水箱注水至刻度MAX(滿水)線，並使用蒸(高)模式烹調14-16分鐘。取出，趁熱食用為佳。

乾蒸牛肉

配料

330 克	絞碎牛肉
60 克	肥牛肉
4	馬蹄
2	檸檬葉
1 束	歐芹

調味料

½ 茶匙	梳打粉
2 湯匙	生粉
¼ 茶匙	幌水
1 茶匙	鹽
1 茶匙	糖
½ 茶匙	麻油
2 湯匙	生油
¼ 杯	水
	胡椒粉 適量

作法

1. 材料處理：
   a) 馬蹄切小粒。
   b) 檸檬葉去葉脈，切茸。
   c) 歐芹切茸。
2. 將所有材料用調味料醃30分鐘，之後搓至起膠。
3. 取出1½湯匙的牛肉餡(2)，捏成肉團。
4. 放牛肉團於塗油淺碟上(直徑27厘米)。於牛肉團面掃上適量的油，再灑水少許。
5. 將碟置於玻璃盤上的蒸盤之上。將其置於下層位置(位置2)，使用蒸(高)模式，烹調25-28分鐘。

冬菇蒸雞

配料

280 克	雞塊
40 克	冬菇(浸軟後窄乾水份)
	薑絲
	蔥絲

調味料

½ 茶匙	鹽
½ 茶匙	糖
1 茶匙	生抽
½ 茶匙	生粉
½ 茶匙	麻油

作法

1. 將雞塊及冬菇放於碟上用調味料醃約30分鐘。在碟上混合撒上薑蔥絲。
2. 將其置於玻璃盤上的蒸盤之上。將其置於下層位置(位置2)，使用蒸(高)模式，烹調25分鐘。

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食譜

水晶餃

配料
40 克　蝦
150 克　免治豬肉
60 克　叉燒
2　冬菇(浸軟)
40 克　胡蘿蔔(剁碎)
4　馬蹄
1 束　歐芹(切碎)
1¼ 杯　澄麵粉
1 杯　生粉

調味料
½ 茶匙　鹽
½ 茶匙　糖
1 茶匙　生粉
　胡椒粉 適量
　酒 適量
適量　麻油

作法
1. 材料處理：
   a) 鮮蝦去殼，用鹽(1茶匙)來醃，之後洗淨抹乾。
   b) 將叉燒、冬菇及馬蹄切小粒。
   c) 用滾水(250至300毫升)將澄麵粉和生粉以木棍攪勻，之後放於木板上搓成條狀。切出約15克之麵粉粒，並以薄刀片把之壓成圓形薄片之餃皮。
2. 將準備好的材料用調味料醃好及攪勻成餡料。
3. 用餃皮包上1湯匙餡料。而縫口不用折上，以讓蒸氣冒出。
4. 製作20個水餃。在兩個蒸盤上塗抹食用油，然後將水餃均勻擺放在兩個蒸盤上。於水餃面上掃油，灑水少許。
5. 將一個蒸盤置於上層位置(位置3)。將玻璃盤上的另外蒸盤置於下層位置(位置2)，使用蒸(高)模式，烹調20分鐘。

燒賣

配料
350 克　絞碎雞肉
200 克　蝦
28至32塊　餛飩皮

調味料
1 茶匙　鹽
½ 茶匙　糖
2 湯匙　生粉
1 茶匙　麻油
¼ 茶匙　雞粉
　胡椒粉 適量

作法
1. 鮮蝦去殼，加鹽(½茶匙)，之後洗淨抹乾。
2. 將蝦、絞碎雞肉用調味料醃好攪勻。再加適量生粉，攪至起膠成餡料。
3. 將約2茶匙之餡料用雲吞皮包好，折合為燒賣。
4. 製作30個燒賣。在兩個蒸盤上塗抹食用油。然後將燒賣均勻擺放在兩個蒸盤上。於燒賣上面掃油，灑水少許。
5. 將一個蒸盤置於上層位置(位置3)。將玻璃盤上的另外蒸盤置於下層位置(位置2)，使用蒸(高)模式，烹調20分鐘。

香辣雞肉糜

配料
300 克　絞碎雞肉
3至4片　薄荷葉
(A)
2 湯匙　烤米(磨成粉)
3 湯匙　青檸汁
2 湯匙　魚露
1 湯匙　乾辣椒(磨碎)
½ 茶匙　辣椒粉
(B)
2 湯匙　乾蔥頭(切碎)
適量　蔥(切幼絲)

作法
1. 將雞肉置於容器內。將容器置於玻璃盤上的蒸盤之上。將其置於下層位置(位置2)，使用蒸(高)模式，烹調20分鐘, 之後加以攪拌。
2. 瀝淨後加入(A)，並攪拌均勻。重新往水箱注水至刻度MAX(滿水)線，並使用蒸(高)模式烹調15-20分鐘。之後再拌入(B)，並攪拌均勻。
3. 將混合物放於碟上，進食時放上薄荷葉以作裝飾。
4. 伴以新鮮蔬菜(如椰菜，豆角)進食為佳。

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食譜

日式蒸蛋

配料
7 克　蘑菇(浸軟切半)
60 克　大蝦(去殼、去脈)
20 克　魚餅(斜切)
80 克　雞胸肉(切丁)
400 毫升 冷原湯
4　雞蛋
½ 湯匙　生抽
½ 茶匙　鹽
2 茶匙　日式甜煮酒
1 棵　歐芹

作法
1. 將原湯、生抽、鹽、甜酒和雞蛋混合在一起，輕輕攪勻。
2. 將雞丁、魚餅、蘑菇和大蝦混合放入4隻碗內(直徑為4½ 吋)。
3. 將混合料(1)注入(2)的材料中。
4. 用茶匙取去混合料表面上的泡沫。
5. 將4隻碗置於玻璃盤上的蒸盤之上。將其置於下層位置(位置2)，使用蒸(高)模式，烹調20分鐘。
6. 烹調後擱置5分鐘。飾以歐芹後便可進食。

蘿蔔糕

配料
175 克　白蘿蔔
175 克　粘米粉
3　冬菇
1　臘腸
14 克　蝦米
350 克　熱水
少許　香菜
少許　鹽/ 油

調味料
2/3 茶匙　鹽
2 湯匙　油
胡椒粉少許

作法
1. 將白蘿蔔刨絲放於大碗內，加入調味料拌勻。
2. 將大碗置於玻璃盤上的蒸盤之上。將其置於下層位置(位置2)，使用蒸(高)模式，烹調15-20分鐘。
3. 將臘腸切粒。蝦米及冬菇用水浸軟之後切細。
4. 以熱水將粘米粉稀釋，拌入以上材料、1湯匙油及2茶匙鹽。攪拌均勻。
5. 將材料混合物放入已塗油的方罐20厘米(8英寸)中。將方罐置於玻璃盤上的蒸盤之上。將其置於下層位置(位置2)，使用蒸(高)模式，烹調35分鐘。
6. 烹調之後，撒上香菜及加蓋，待擱置一會即可食用。

注意: 若烹調後糕之中央仍未熟透，重新往水箱注水至刻度MAX(滿水)線，可以繼續烹調5-10分鐘。

奶油蛋羹

配料
150 克　冷凍什錦漿果，解凍後以濾網進行過濾，得到果泥
1 杯　全脂牛奶
1 杯　煉奶
4　雞蛋，輕微攪拌
2　蛋黃
1/3 杯　細砂糖
2 茶匙　糖粉，用於裝飾
100 克　冷凍什錦漿果，解凍後用於裝飾

作法
1. 將全脂奶油和煉奶混合放進一個微波爐專用大碗中。在70%微波功率模式下加熱6分鐘，直至牛奶處於將沸未沸的狀態。
2. 在另一個大碗中加入雞蛋、蛋黃、糖和混合果醬。然後倒入已加熱的牛奶混合物。用球狀攪拌器攪拌至其充分混合均勻。
3. 將混合物均勻分配至4個小乾酪蛋糕碟中(直徑為10厘米)。將碟置於蒸盤之上。將蒸盤置於上層位置(位置3)。將玻璃盤置於下層位置(位置2)。使用蒸(低)模式，90℃，烹調35分鐘。
4. 烹調結束且奶油蛋羹已完成後，擱置10分鐘。
5. 配以解凍的漿果和糖粉末後即可食用。

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食譜

醃製鯛魚

配料
2 湯匙　醬油
2 瓣　大蒜，搗碎
1 湯匙　芝麻油
1 茶匙　搓碎的新鮮薑末
1 湯匙　剁碎的新鮮胡荽
2　剔除種子的指天椒，充分剁碎
500 克　整條鯛魚， 清洗乾淨

作法
1. 將醬油、大蒜、芝麻油、姜、胡荽和辣椒等混合放進一個小碗中，充分混合均勻。
2. 將鯛魚放入一個大的燉肉用淺鍋中並加入醃泡汁。封蓋並冷藏保存1－2小時。
3. 將魚置於蒸盤之上。如果鯛魚比蒸盤大，可將其尾部去除。
4. 將蒸盤置於上層位置(位置3)。將玻璃盤置於下層位置(位置2)。使用(蒸)低模式, 90℃，烹調35分鐘。

韭菜、煙肉和奶油乳蛋餅

配料
80 克　煙肉，切丁
120 克　韭菜，洗淨並切成薄片
½ 杯　切達芝士，搓碎
4　雞蛋
1/3 杯　全脂牛奶
1/3 杯　純奶油
1 茶匙　麵粉
　用鹽和胡椒粉進行調味
¼ 杯　麵包碎屑
20 克　黃油

作法
1. 在大碗中對雞蛋、牛奶和奶油進行攪拌。之後加入芝士並混合均勻。
2. 加入煙肉和韭菜，並用鹽和胡椒粉進行調味。
3. 將牛油置於微波爐專用碗中融化。將其置於烤爐底層(位置1)上，並以100%微波功率烹調20秒。
4. 將融化的牛油塗抹於4個小乾酪蛋糕碟(直徑為10cm)上，並撒上麵包屑。
5. 將混合物均勻分配於4個小乾酪蛋糕碟中。
6. 將蒸盤置於上層位置(位置3)。將玻璃盤置於下層位置(位置2)。使用(蒸)低模式, 90℃，烹調35分鐘。

烤雞塊

配料
1 千克　雞塊 (200克/1塊)
3 湯匙　(粟米)油

調味料料
3 湯匙　生抽
3 湯匙　水
2 湯匙　海鮮醬
　適量的鹽、糖、蒜蓉

作法
1. 用調味料將雞塊醃泡20分鐘。
2. 置於玻璃盤上的烤架之上並用食用油進行塗抹。將其置於下層位置(位置2)。
3. 開始烹調：

模式	烹調時間	作法
1 次 混合烹調 (高)	7'-9'	翻轉
2 次 燒烤	7'-9'	
3 次 混合烹調 (高)	7'-9'	
4 次 燒烤	4'-6'	

4. 用泡菜和菠蘿進行裝飾。

中式烤雞肉

配料
0.9 千克 雞肉，整隻

調味料
5 湯匙　烤肉醬
1 茶匙　鹽
3 湯匙　糖
1 湯匙　生抽
1 湯匙　老抽
2 湯匙　粟米油

裝飾
2 湯匙　蜂蜜

作法
1. 將雞肉清洗乾淨並抹乾。用線進行捆紮。
2. 用調味料醃泡2－3小時。
3. 將雞肉置於玻璃盤上的烤架之上。將其置於烤爐底層(位置1)。
4. 開始烹調：

模式	烹調時間	作法
1 次 微波 100%	1'	翻轉
2 次 混合烹調 (高)	12'-13'	
3 次 混合烹調 (高)	9'-11'	

5. 在完成前2-3分鐘，用蜂蜜進行塗抹。
6. 燒烤完成後擱置10分鐘，然後切片即可食用。

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食譜

洋蔥汁羊排

配料
650 克 (4-6 塊)　羊排
½　洋蔥，切片
1　番茄，切片
1 湯匙　油
適量的黑胡椒和蜂蜜

調味料
1 湯匙　生抽
1 茶匙　老抽
2 茶匙　糖
1 茶匙　酒
1 茶匙　油
適量的鹽和辣椒

肉汁
1 湯匙　蠔油
1 茶匙　糖
1　蒜蓉
1 茶匙　油
70 毫升　水
適量的鹽
2 茶匙　玉米粉加1湯匙水

作法
1. 混合所有的調味料。
2. 用調味料醃泡羊排30分鐘。
3. 將羊肉置於玻璃盤上的烤架之上，撒放黑胡椒。將其置於上層位置(位置2)。開始烹調：

模式	烹調時間	作法
1 次 混合烹調 (低)	4'-6'	翻轉
2 次 燒烤	6'-8'	
3 次 混合烹調 (低)	2'-4'	
4 次 燒烤	8'-10'	

4. 混合碗內的洋蔥和油，並將其置於烤爐底層(位置1)。加蓋，100%微波功率模式下烹調1分鐘30秒鐘至2分鐘30秒鐘。
5. 加入除了混合玉米粉之外的肉汁，100%微波功率模式下烹調1分鐘；取出並攪拌，之後繼續烹調1分鐘。和經混合的玉米澱粉。
6. 加入番茄，加蓋並在100%微波功率模式下烹調1分鐘。攪拌直至玉米澱粉變稠。
7. 在羊排上塗抹準備好的肉汁，並用蔥花進行裝飾。

烤雞肉和大蝦肉串

配料
6 支　竹籤
300 克　雞肉，切成24塊方丁
100 克　洋蔥，切成12塊方丁
80 克　青椒，切成12塊方丁
80 克　番茄，切成12塊方丁
70 克　蝦肉，去殼並剔除蝦腸，然後切成3段

調味料
2 湯匙　粟米油
1½ 茶匙 鹽
½ 茶匙　胡椒粉
1 茶匙　辣椒粉
½ 茶匙　蒜粉

裝飾
3 湯匙　融化的牛油
1 湯匙　檸檬汁

作法
1. 將準備好的材料浸泡在混合調味裡醃泡30分鐘以上。
2. 將雞肉、番茄、蝦肉、洋蔥和青椒等各種食材交替串在竹籤上，然後塗抹上融化的牛油和檸檬汁。
3. 將串置於玻璃盤上的烤架之上。將其置於下層位置(位置2)。
4. 開始烹調：

模式	烹調時間	作法
1 次 混合烹調 (低)	4'-6'	翻轉
2 次 燒烤	7'-9'	
3 次 混合烹調 (低)	4'-6'	
4 次 燒烤	5'-7'	

酥脆釀蘑菇

配料
12　黑蘑菇
75 克　牛油
2 瓣　大蒜，搗碎
75 克　新鮮麵包碎屑
50 克　芝士，搓碎

作法
1. 對蘑菇進行浸泡直至其軟化，然後去除蘑菇莖部並將其剁碎。
2. 將牛油和大蒜混合在碗內，並將其置於烤爐底層(位置1)。在100%微波功率下對牛油和大蒜加熱30秒鐘，加入剁碎的蘑菇莖部和麵包屑並攪拌。將混合物加入蘑菇中，並撒上碎芝士。
3. 將蘑菇置於玻璃盤上的烤架之上。將其置於上層位置(位置3)，使用混合烹調(低)，烹調10分鐘。

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食譜

烤魚肉串

配料
4 根　木質烤肉串
450 克　密實新鮮的去皮魚肉
　　切成8塊方丁
2　綠皮南瓜， 切成8大塊
4　中等大小的蘑菇，去除蘑菇莖部
4 片　橙
2　中等尺寸的番茄，對半切開
1 茶匙　新鮮蒔蘿， 剁碎
50 克　牛油

作法
1. 將所有食材依次排放於烤肉串上。勿使木質部分外露。將串肉扦置於玻璃盤上的烤架之上。
2. 對小碗內的蒔蘿和牛油加熱，並將其置於烤爐底層(位置1)，以100%微波功率30秒鐘。在烤肉串上塗抹蒔蘿牛油。
3. 將其置於下層位置(位置2)。
4. 開始烹調：

模式	烹調時間	作法
1 次 混合烹調 (高)	4'-5'	翻轉
2 次 燒烤	12'-14'	
3 次 混合烹調 (高)	2'-4'	
4 次 燒烤	8'-10'	

注意: 為了能夠將食物從木質串肉扦上順利取下，可在使用前先將烤肉串在水中浸泡30分鐘。

烤雞肉串

配料
4 根　木質烤肉串
450 克　雞肉片，切成方丁

調味料
1 湯匙　花生油
1 湯匙　檸檬汁
2 湯匙　沙嗲醬
1 瓣　大蒜，搗碎
　　適量的塔巴斯科辣汁

作法
1. 將所有調味料放入一個大碗中，混合均勻。放入雞肉並攪動，之後冷藏存放2小時以進行醃泡。
2. 將雞肉串在烤肉串上，勿使木質部分暴露。
　將烤肉串置於玻璃盤上的烤架之上。
3. 將其置於下層位置(位置2)。
4. 開始烹調：

模式	烹調時間	作法
1 次 混合烹調 (高)	7'-9'	翻轉
2 次 混合烹調 (高)	9'-11'	

注意: 為了能夠將食物從木質烤肉串上順利取下，可在使用前先將烤肉串在水中浸泡30分鐘。

蔬菜麵包

配料
(A)
175 克　新鮮麵包碎屑
1　大個胡蘿蔔，搓碎
2　小綠皮南瓜，切片
1　大隻馬鈴薯，搓碎
3 根　芹菜，切片
4 片　薄煙肉 ，剁碎
125 克　切達芝士，搓碎
2　雞蛋，攪勻
　　適量的鹽和胡椒粉
(B)
75 克　切達芝士，搓碎撒勻
1 湯匙　新鮮歐芹，剁碎

作法
1. 將(A)的材料合併， 混合均勻。
2. 將混合物倒入塗抹油脂的1.5升烤盤中，撒上(B)的材料。
3. 將其置於玻璃盤。將其置於下層位置(位置2)。
4. 開始烹調：

模式	烹調時間	作法
1 次 微波 70%	15'	
2 次 混合烹調 (高)	25'	

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IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

This oven is designed to be used on a countertop only. It is not designed to be built-in to a wall or cabinet. See page EN-3 for the installation.

The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85 cm or more above the floor. Keep children away from the door to prevent them from burning themselves.

Ensure there is a minimum of free space above the oven of 12 cm.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

WARNING: When the appliance is operated in the GRILL, GRILL MIX, STEAM and AUTOMATIC operations (except AUTO DEFROST), children should only use the oven under adult supervision due to the temperature generated.

WARNING: Accessible parts may become hot during use. Young children should be kept away.

WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a qualified service technician trained by SHARP.

WARNING: Never adjust, repair or modify the oven by yourself. It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by a qualified service technician trained by SHARP.

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

Do not cook eggs in their shells, and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Utensils should be checked to ensure that they are suitable for use in the oven. See Page EN-26. Use only microwave safe containers and utensils on microwave modes.

The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

The door, outer cabinet, oven cavity, dishes, accessories and especially the grill heating elements will become very hot during operation. Care should be taken to avoid touching these areas. To prevent burns, always use thick oven gloves. Before cleaning make sure they are not hot.

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

If smoke is observed, switch off or unplug the oven and keep the door closed in order to stifle any flames.

The oven should be cleaned regularly and any food deposits removed.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

Steam cleaner is not to be used.

See instructions for cleaning door seals, cavities and adjacent parts on page EN-20.

Other warnings

1. To reduce the risk of fire in the oven cavity:
   a. No other liquid than room temperature water suitable for drinking (filtered) can be poured into the water tank.
   b. The oven should not be left unattended during operation. High oven temperature or long cooking time may overheat foods resulting in a fire.
   c. Do not overcook food.
   d. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
   e. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
   f. Do not use containers made of synthetic material for cooking. They could melt at high temperature.

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IMPORTANT SAFETY INSTRUCTIONS

g. Do not use plastic containers if the oven is still hot because they may melt. Plastic containers must not be used unless the container manufacturer claims it is suitable.
h. Do not store food or any other items inside the oven.
i. When alcoholic beverages are added when roasting or cooking cakes and sweets, there is a risk that vapours released by the alcohol may catch fire upon coming into contact with the electrical heating element. Attend the oven closely during cooking.

2. To reduce the risk of an explosion or delayed eruptive boiling, care should be taken when handling the container. Your oven is capable of heating food and beverages very quickly with microwave, therefore it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.
   Additionally:
   a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.
   b. Do not use excessive amount of time.
   c. When boiling liquids in the oven, use a wide-mouthed container.
   d. Stand at least for 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.
   e. Stir the liquid before and during cooking. Use extreme care when handling the container or inserting a spoon or other utensil into the container.
3. This oven is for home food preparation only and should only be used for heating, cooking and defrosting food and beverage.
   It is not suitable for commercial, laboratory use, or heating therapeutic devices eg. Wheat bags.
4. Never operate the oven whilst any object is caught or jammed between the door and the oven.
5. Handle with care when removing items from the oven so that the utensil, your clothes or accessories do not touch the latches.
6. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
7. Never tamper with or deactivate the latches.
8. Always use oven gloves to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.
9. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
10. Avoid steam burns by directing steam away from the face and hands. Slowly lift the furthest edge of a dish's cover including microwave plastic wrap etc., and carefully open popcorn and oven cooking bags away from the face.
11. Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.
12. Use care when opening door. To avoid burns from escaping heat and steam, let hot air or steam escape before removing or replacing food.
13. Do not place anything on the outer cabinet because the oven will become very hot during operation.
14. To avoid burns, always test the food and container temperature and stir before serving. Pay special attention to the temperature of food and drink given to babies, children and the elderly. Do not drink beverages or soup without checking the container's temperature. Take extra caution when handling the container because it becomes very hot.
15. Make sure the utensil does not touch the interior walls during cooking.
16. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, air-vent openings, accessories and dishes because the escaping steam from the ventilation cover during operation becomes hot.
17. Do not touch around the oven lamps directly. This part will become hot when the oven lamp is on.
18. When the oven is in use, ventilate a room where the oven is installed. e.g. open a window or switch a kitchen ventilation fan on.
19. Do not operate the oven if the water tank cracks and water leaks. Please contact a SERVICE CENTRE APPROVED BY SHARP.
20. Do not insert fingers or objects in the holes (the steam outlets or air-vent openings) as this may damage the oven and cause an electric shock or a hazard.
21. Do not touch the electric plug with wet hands and plug into the electric wall socket securely. When removing the plug from the socket always grip the plug, never pull the power supply cord as this may damage the power supply cord and the connections inside the plug.
22. Never move the oven when it is operating. If the oven needs to be moved, always drain all water inside the oven using DRAIN WATER function. After draining, empty the drip tray.
23. Do not put any water on the door or control panel intentionally.
24. If the oven falls down or drops on the floor, do not use the oven. Unplug the unit and contact a SERVICE CENTRE APPROVED BY SHARP.

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INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity, and the feature sticker from the outside of the door, if there is one. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided
   1) Rack 2) Glass tray 3) Steam tray 4) Combined operation manual and cookbook 5) Touch guide
3. Since the door may become hot during cooking, and in order to avoid its accidental touch, the oven should be placed at least 85 cm or more above floor. You should also keep children away from the door to prevent them burning themselves.
4. This oven is designed to be used on a countertop only. It should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. It should not be installed near combustible materials, for example, curtains. The oven should be installed so as not to block ventilation openings. Allow space of at least 12 cm from top of the oven for air ventilation. This oven is not designed to be built-in to a wall or cabinet.
5. Do not connect other appliances to the same socket using an adaptor plug.
6. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure. The A.C. voltage and frequency must correspond to the one indicated on the rating label.
7. This appliance must be earthed:

   IMPORTANT

   The wires in power supply cord are coloured in accordance with the following code:

Green-and-yellow	:	Earth
Blue	:	Neutral
Brown	:	Live

   As the colours of the wires in the power supply cord of this appliance may not correspond with the coloured marking identifying the terminals in your plug, proceed as follows:
   The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol ⏚ or coloured green or green-and-yellow.
   The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured blue.
   The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured brown.

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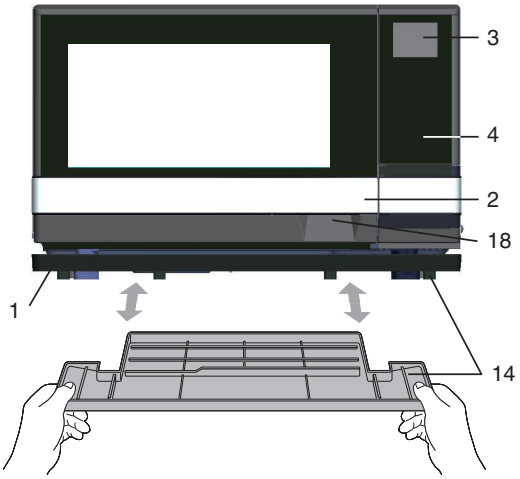
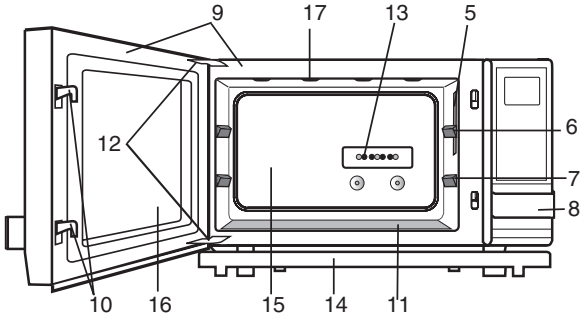
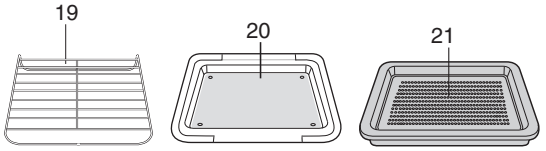
PARTS NAME







1 Ventilation openings
Be aware that hot steam or air comes out during steam or Grill Mix cooking, and keep children away from the oven.
2 Door open handle
3 LCD display
4 Control panel
5 Oven lamp
6 Upper position (position 3)
7 Lower position (position 2)
8 Water tank (See page EN-6.)
9 Door seals and sealing surfaces
10 Latch
11 Oven floor (position 1)
12 Door hinges
13 Steam outlets
14 Drip tray (See page EN-6.)
15 Oven cavity
16 See through door
17 Grill heating element
(at the oven cavity ceiling)
18 Door lever
To open, grip the door lever from the bottom and pull it towards you.

ACCESSORIES

19 Rack
For Grill and Grill Mix.
Do not use for Microwave.
Always place on glass tray.
20 Glass tray
21 Steam tray x2
For Steam only.
Always place above/on glass tray.
Do not use for Microwave, Grill and Grill Mix.

WARNING for stacking the steam tray and glass tray:
After cooking, take out the steam tray first. See Figure 2. Be aware of excess water from the steam tray, we recommend you place it directly on a flat dish or tray to avoid spillages.
Before taking out the glass tray, make sure that it is cool. Be aware that there may be water on the glass tray, so take care when removing it.

NOTE:
Place the rack on glass tray as shown in Figure 1.

WARNING:
The oven cavity, door, outer cabinet, accessories and dishes will become very hot, use thick dry oven gloves when removing the food or accessories from the oven to prevent burns.

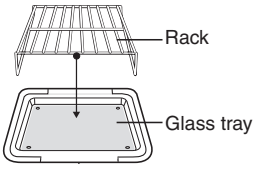


Figure 1

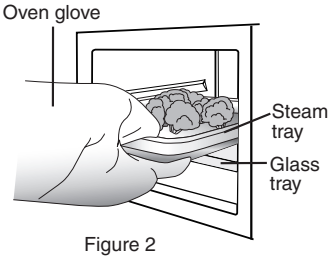


Figure 2

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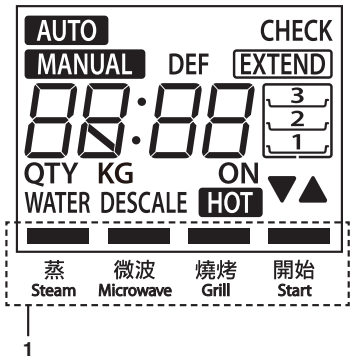
CONTROL PANEL



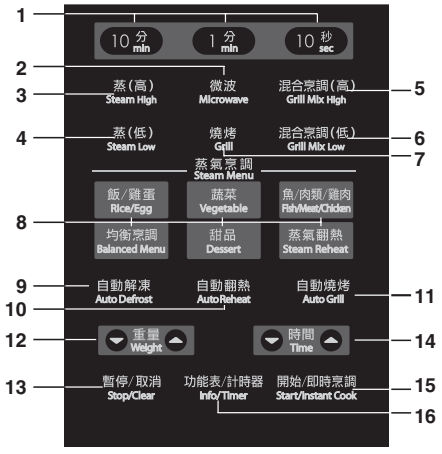
Display information:

The display shows useful information including cooking time and cooking mode.

1. Cooking mode & START indicators
The indicator will flash or light up during the operation.
You can press a concerned key when the indicators are flashing.
When the indicators light up on the display, they mean that each cooking mode is selected or the oven is operating in each cooking mode.

AUTO: Automatic cooking is selected or in progress.
MANUAL: Manual cooking is selected or in progress.
CHECK: Some action is necessary (e.g. turn over, stir).
DEF: Auto Defrost is selected or in progress.
ON: The oven is in operation.
EXTEND: Cooking time can be extended.
HOT: The oven is very hot.
▲ (MORE): More time adjustment is selected for automatic cooking.
▼ (LESS): Less time adjustment is selected for automatic cooking.
DESCALE: Descaling is necessary.
WATER: Water is necessary. When this indicator is appeared on the display, the oven is operating in the menu using water.

Tray position indicators:
The position of the tray(s) for automatic cooking and manual steam cooking.
3: Upper position
2: Lower position
1: Oven Floor



Operating keys:

1 **Time** keys
2 **Microwave*** key
3 **Steam High** key
4 **Steam Low** key
5 **Grill Mix High*** key
6 **Grill Mix Low*** key
7 **Grill*** key
8 **Steam Menu** keys
9 **Auto Defrost*** key
10 **Auto Reheat*** key
11 **Auto Grill*** key
12 **Weight Down/Up** keys
13 **Stop/Clear** key
14 **Less/More** keys
15 **Start/Instant Cook** key
16 **Info/Timer** key

* This mode does not use steam.

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IMPORTANT INSTRUCTIONS

Read Carefully Before Cooking with Steam

WATER TANK

To fill the water tank with room temperature water suitable for drinking (filtered) is a must for cooking with steam. Be sure to follow the directions below.

1. Pull the water tank toward you to remove. (Figure 1)
2. Wash the water tank and lid for the first time.
3. Fill the water tank with **room temperature water suitable for drinking (filtered) through the lid to the MAX mark each time you begin to cook.** (Figure 2) Do not fill the water tank over the MAX mark.
4. Make sure the lid is closed firmly.
5. Install the water tank by pushing firmly. (Figure 3)
6. After cooking, empty the water tank and wash the water tank and the lid.

NOTES:

1. Do not use any other liquids like distilled water, R.O water, mineral water and etc.
2. An insufficient amount of water in the water tank may cause an undesired result.
3. We recommend that you empty the water tank every time after cooking. Do not leave the water tank filled with water in the oven over a day.
4. If "Err, WATER (flashing)" is shown in the display during Steam cooking, refer to Troubleshooting Chart on page EN-21. The message will not appear in Descale function.
5. Do not drop or damage the water tank. Heat may cause the water tank to change shape. Do not use a damaged water tank. Consult a SERVICE CENTRE APPROVED BY SHARP.
6. There may be a few water drops when removing the water tank. Wipe the oven dry with a soft cloth.
7. Do not block the air holes on the lid of the water tank. It will cause trouble during cooking.

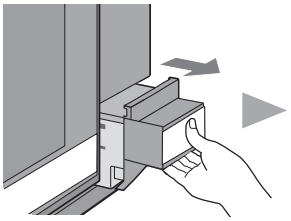

Figure 1

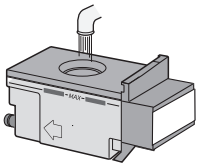

Figure 2

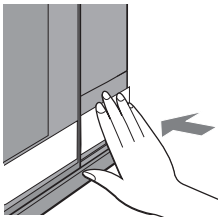

Figure 3

DRIP TRAY

Be sure to cook with drip tray in position and follow the directions below.

The drip tray is packed with the oven. Place the drip tray under the oven door as shown in Figure 4. This drip tray collects the condensation from the oven door.

To remove the drip tray: Pull the drip tray toward you with both hands.

* Make sure water is not dripping down before removing the drip tray.

To replace the drip tray: Place the drip tray onto the right and left hooks under the oven and push firmly as shown in Figure 4. Insert the drip tray horizontally when you attach it. Improper use may cause the damage to the hooks.

Empty the drip tray after each time you cook. Empty, rinse thoroughly, dry and replace. Failure to empty may cause the drip tray to overflow. Cooking repeatedly without emptying the drip tray may cause it to overflow.

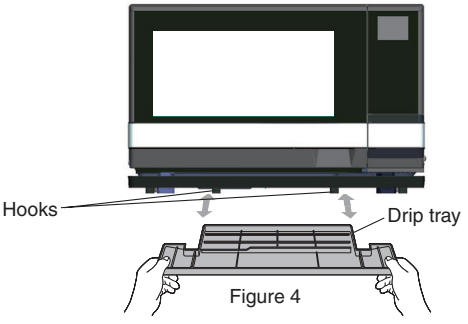

Figure 4

WARNINGS:

1. The oven will become very hot after cooking and draining water function.
2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.
3. Make sure that the oven has cooled before emptying the water tank and the drip tray and then wipe the oven cavity.
4. Do not touch the water directly as water in the drip tray may be hot.

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IMPORTANT INSTRUCTIONS

Steam in Automatic and Manual Cooking

Before cooking

1. Make sure the water tank is filled with room temperature water suitable for drinking (filtered) and is installed. (See page EN-6.)
2. Make sure the empty drip tray is installed. (See page EN-6.)
3. Place food in the oven. Make sure to place the glass tray in lower position (position 2) for cooking with steam mode.

After Cooking

1. After the oven has cooled, remove and empty the water tank, wipe oven cavity. Be aware that the grill heating element and steam outlets may be still hot, so take care when wiping the ceiling and cavity back plate. (The grill heating element will turn on for a very short time intermittently during the cooking.) Empty the drip tray.
2. Perform the Drain Water function at least once a day after using Steam Menu, Steam High or Steam Low.
3. Check that water is not dripping down before removing the drip tray, as a small amount of water may drains into the drip tray when the water tank is removed.
4. During and after cooking, condensed water may be on the door, oven walls and oven floor. Dry any liquid residue with a soft cloth. After the last use of the day, we recommend to operate the oven with Grill for 3 minutes without food and accessories for drying the water off around grill heating element.

WARNING: Do not open the oven with your face close to the oven. Steam from the oven may cause burns.
NOTE: Keep the door closed. If opened during cooking, steam will escape and a longer cooking time will be required.

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IMPORTANT INSTRUCTIONS

Drain Water Function

Perform the Drain Water function at least once a day after cooking with steam. It takes up to 7 minutes.

Drain Water function is very useful to prevent scale build up and the use of stale water. It causes evaporation of the internal steam system.

PROCEDURE

1 Remove the water tank. Ensure that no food is in the oven. Press **Info/Timer** once to select "In F1".

x 1

2 Press **Start/Instant Cook**. "In F1" will flash on and off in the display during the Drain Water function.

x 1

3 When the drain function has ended and the oven is cool, wipe oven cavity. Empty the drip tray.

NOTES:

1. The water tank must be removed before starting this procedure.
2. If Drain Water Function is set, Energy Save Mode will be cancelled temporary.

Descale Function

White or gray grains, also called scale, may form in the water circuit inside the oven during steam generation, which could cause the oven to malfunction.

When "DESCALE (flashing)" is shown in the display, be sure to carry out Descale function immediately. It takes about 1 hour. (The descaling using citric acid or lemon juice is for about 30 minutes, and then rinsing with fresh water is for about 30 minutes.)

PROCEDURE

1 Pure citric acid, available at some drugstores, or bottled 100% lemon juice with no pulp are used for descaling. Choose one and prepare the descaling solution.

To use pure citric acid, dissolve 1 tablespoon of pure citric acid crystals in 500ml of water in a non-porous container. Stir well and pour into the water tank to the MAX mark.

To use 100% bottled lemon juice, check that there is absolutely no pulp in it. If there is pulp or you are not sure, strain through a fine strainer. Measure 70ml of the strained lemon juice and add it to 500ml of water. Stir well and pour into the water tank to the MAX mark.

Place the water tank in the oven correctly and push firmly into place.

2 Press **Info/Timer** twice to select "In F2".

x 2

3 Place the glass tray in lower position (position 2) closely to attach to the back side of the oven wall.

4 Do not place any food in the oven. Close the door firmly. Press **Start/Instant Cook** to begin descaling. (about 30 min.)

x 1

5 When the oven has stopped and is cool, remove water tank, empty, rinse and refill with room temperature water suitable for drinking (filtered) to the MAX mark. Replace the water tank. Empty the drip tray and replace it. Remove glass tray, empty, rinse and dry. Follow step 3 to replace glass tray. Close the door firmly. Press **Start/Instant Cook**. Rinsing will start. (about 30 min.)

x 1

6 When rinsing has ended and the oven is cool, remove water tank and empty. Remove glass tray and empty. Wipe oven cavity to dry. Empty the drip tray.

NOTE:

If Descale Function is set, Energy Save Mode will be cancelled temporary.

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BEFORE OPERATING

- Before operating your oven, make sure you read and understand this operation manual completely.
- Before the oven can be used, follow these procedures:

1. Place the drip tray correctly. See page EN-6.
2. See below for getting started.
3. Follow directions on the right side for cleaning the oven before first use.

Getting Started

Your oven has an Energy Save Mode. This facility saves electricity when the oven is not in use.

PROCEDURE	
1 Plug the oven into a power socket. Nothing will appear on the display at this time.	
2 Open the door. The display will show ".0".	
3 Close the door. Now you can ready to use the oven.	

CAUTION:

In Energy Save Mode, if you do not operate the oven for 3 minutes or more (i.e. after closing the door, or pressing **Stop/Clear**, or at the end of cooking), you will not be able to operate the oven until you open and close the oven door again.

NOTE:

When you set Child Lock or Demonstration Mode, Energy Save Mode will be cancelled temporary.

Clock Set Mode (Clock Setting)

If you set the clock (Clock Set Mode), Energy Save Mode does not work.

* To enter the present time of day 11:34 (AM or PM).

PROCEDURE	
1 Press **Info/Timer** 6 times.	功能表/計時器 Info/Timer x 6
2 Enter the hours by pressing **Time**.	10 分 min x 1 ; 1 分 min x 1
3 Press **Info/Timer**.	功能表/計時器 Info/Timer x 1
4 Enter the minutes by pressing **Time**.	10 分 min x 3 ; 1 分 min x 4
5 Press **Start/Instant Cook**. The display will show time of day "11:34".	開始/即時烹調 Start/Instant Cook x 1

This is a 12-hour clock. If the clock is set, when cooking is complete, the display will show the correct time of day.

If the clock has not been set, the display will only show ".0" when cooking is complete.

If the electrical power supply to your microwave oven is interrupted, plug in the oven again, then open and close the door. The display will show: " .0 ". If this occurs during cooking, the programme will be erased. The time of day will also be erased.

Stop/Clear

1. Press **Stop/Clear** if you make a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, press twice.

CLEAN THE OVEN BEFORE FIRST USE

You may detect smoke or a burning smell when using the grill for the first time, this is normal and not a sign that the oven is out of order. To avoid this problem, when first using the oven, operate the grill without food for 20 minutes.

PREPARATION

Ventilate the room.

PROCEDURE	
1 Ensure that no food is in the oven. Press **Grill**.	燒烤 Grill x 1
2 Enter the time by pressing **Time** (20.00) and **Start/Instant Cook**.	10 分 min x 2 開始/即時烹調 Start/Instant Cook x 1

WARNING:

The oven door, outer cabinet, oven cavity and especially the grill heating element will become hot.

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AUTOMATIC COOKING

Automatic Operation is cooked with steam, grill and microwave function. Refer to each function for the details.

Steam Menu

Steam Menu has 6 categories and 18 menus. Always cook food using steam tray and glass tray. Ensure the glass tray is on the lower position (position 2). And see the important instructions on page EN-6-7.

St11 - St14 Rice/Egg
St21 - St22 Vegetable
St31 - St34 Fish/Meat/Chicken
St41 - St42 Balanced Menu
St51 - St53 Dessert
St61 - St63 Steam Reheat

Refer to the Steam Menu Guide for details on page EN-31-35.

* Suppose you want to cook 0.3 kg of Fresh Chicken Fillets.

PROCEDURE

1 Make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed. Press **Fish/Meat/Chicken** until desired menu number is displayed (St34).

x 4

2* Enter the weight or quantity by pressing **Weight** until the desired weight or quantity is displayed (0.3 KG).

x 7 x 4

3 Place food in oven by following the directions in the cooking guide on page EN-32. Close the door. Press **Start/Instant Cook**.

4 After cooking, EXTEND will appear. If you wish to extend cooking time, enter the desired time by pressing **Time**. Press **Start/Instant Cook**. If not, press **Stop/Clear**. After the oven has cooled, remove and empty the water tank, wipe oven cavity. Empty the drip tray.

* If it is not necessary to enter amount, skip the step 2.

WARNING for stacking the steam tray and glass tray:

After cooking, take out the steam tray first. See Figure 2 on page EN-4. Be aware of excess water from the steam tray, we recommend you place it directly on a flat dish or tray to avoid spillages.

Before taking out the glass tray, make sure that it is cool. Be aware that there may be water on the glass tray, so take care when removing it.

NOTES:

1. Enter the weight or amount of the food only. Do not include the weight of the container.
2. For foods weighing more or less than weights given in the cooking charts, cook manually.
3. The programmed cooking times are average times. To extend cooking times preprogrammed in the automatic cooking, see EXTENDING COOKING TIME AT THE END OF STEAM COOKING on page EN-17. Before extending the cooking time, make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed.
4. Any Steam selection can be programmed with More or Less Time Adjustment. See page EN-17.
5. Keep the door closed. If opened during cooking, steam will escape and a longer cooking time will be required.
6. During and after cooking, condensed water may be on the door, oven walls and oven floor. Dry any liquid residue with a soft cloth. After the last use of the day, we recommend to operate the oven with Grill for 3 minutes without food for drying the water off around grill heating element.
7. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

WARNINGS:

1. The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.
2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.

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AUTOMATIC COOKING

Auto Grill

Auto Grill has 4 menus.

AG1: Grill Chicken
AG2: Chicken Wings
AG3 : Grill Fish
AG4 : Steak

Refer to the Auto Grill Guide for details on page EN-36.

* Suppose you want to cook 1.2kg of Grill Chicken.

PROCEDURE

1 Press **Auto Grill** until desired menus number is displayed (AG1).

x 1

2 Enter the weight or quantity by pressing **Weight** until the desired weight or quantity is displayed (1.2 KG).

x 9 x 4

3 Place food in the oven by following the directions in the cooking guide on page EN-36. Close the door.
Press **Start/Instant Cook**.

x 1

4 The oven will stop and CHECK will flash on and off.
Open the door. Turn over the chicken.
Close the door.
Press **Start/Instant Cook**.

x 1

NOTES:

1. Enter the weight of the food only. Do not include the weight of the container.
2. For foods weighing more or less than weights given in the cooking charts, cook manually.
3. Always follow the instructions in the cooking guide.
4. All selections can be programmed with More or Less Time Adjustment. See page EN-17.
5. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

WARNING:

The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.

Auto Reheat

Auto Reheat has 3 menus.

AR1: Reheat Dish
AR2: Reheat Soup
AR3: Reheat Beverage

Refer to the Auto Reheat Guide for details on page EN-37.

* Suppose you want to reheat 1 bowl of Soup.

PROCEDURE

1 Press **Auto Reheat** until desired menus number is displayed (AR2).

x 2

2* Enter the quantity by pressing **Weight** until the desired quantity is displayed (1 QTY).

x 4 x 1

3 Place food in oven by following the directions in the cooking guide on page EN-37. Close the door.
Press **Start/Instant Cook**.

x 1

* If it is not necessary to enter amount, skip the step 2.

NOTES:

1. Any reheat selection can be programmed with More or Less Time Adjustment. See page EN-17.
2. To reheat other foods or foods above or below the weights allowed on Auto Reheat Guide, reheat manually. See Microwave on page EN-16.
3. Do not use the glass tray, steam tray and metal rack.
4. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

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AUTOMATIC COOKING

Auto Defrost

Auto Defrost has 3 menus. Do not use the glass tray, steam tray and metal rack.

dE1: Steak/Chops
dE2: Minced Meat
dE3: Poultry

Refer to the Auto Defrost Guide for details on page EN-37.

* Suppose you want to defrost a 0.5 kg Steak.

PROCEDURE

1 Press **Auto Defrost** until desired menus number is displayed (dE1).

x 1

2 Enter the weight by pressing **Weight** until the desired weight is displayed (0.5 KG).

x 6 x 4

3 Place food in oven by following the directions in the cooking guide on page EN-37. Close the door.
Press **Start/Instant Cook**.

x 1

4 The oven will stop and CHECK will flash on and off. Open the door. Turn over the steak and shield the defrosted portions. Close the door.
Press **Start/Instant Cook**.

x 1

NOTES:

1. Enter the weight of the food only. Do not include the weight of the container.
2. Any defrost selection can be programmed with More or Less Time Adjustment. See page EN-17.
3. To defrost other foods or foods above or below the weights allowed on Auto Defrost Guide, use time and 30% microwave power. See Microwave on page EN-16.
4. Do not use the glass tray, steam tray and metal rack.
5. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

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MANUAL COOKING

Manual Cooking is an option in Steam, Grill, Grill Mix and Microwave.
Refer to the "Manual Cooking Chart" and "Food and Utensil Position Chart". The charts give information on each setting.

Manual Cooking Chart

Cooking mode		Temp/power range	Time range	Water tank
Steam	High	100 °C	0 - 35 min.	YES
	Low	70 - 95°C *	0 - 60 min.	YES
Grill		–	0 - 99 min. 50 sec.	NO
Grill Mix	High	Grill: 50% power Microwave: 50% power	0 - 99 min. 50 sec.	NO
	Low	Grill: 90% power Microwave: 10% power	0 - 99 min. 50 sec.	NO
Microwave		0 - 100% power	0 - 99 min. 50 sec.	NO

* You can set the temperature from 70°C to 95°C in multiples of 5°C. (Initial setting: 90°C)

Food and Utensil Position Chart

Cooking mode		2 layer cooking		Food and utensil position (Refer to Figure 1.)		
				3: Upper	2: Lower	1: Oven floor
Steam	High	YES	1 layer	—	Food, Steam tray, Glass tray	—
			2 layers	Food, Steam tray		—
	Low	NO			Glass tray (No food)	—
Grill		NO		Food, Rack or dish, Glass tray	See NOTE 1.	
Grill Mix	High	NO				
	Low	NO				
Microwave		NO		—	Food, Microwave safe container, Glass tray, See NOTE 2.	Food, Microwave safe container

NOTES:
1. Select desired position depending on the food size. Position 2 or position 3 is recommended for most recipes. Place the food and glass tray on position 1 when roasting big portions to prevent touching the food to the oven ceiling. Smoke will occur during the cooking if the food touches the grill heating element.
2. For cooking cake or meatloaf.
3. Do not leave the steam tray and rack wet after use.

WARNING for stacking the steam tray and glass tray:
After cooking, take out the steam tray first. See Figure 2. Be aware of excess water from the steam tray, we recommend you place it directly on a flat dish or tray to avoid spillages.
Before taking out the glass tray, make sure that it is cool. Be aware that there may be water on the glass tray, so take care when removing it.

Figure 1

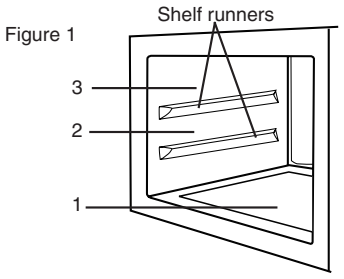
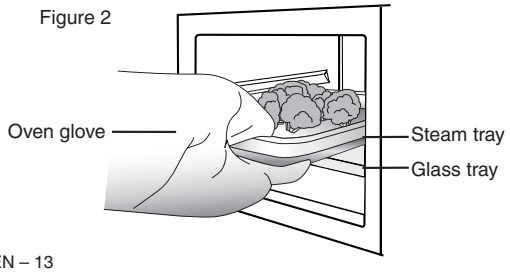


Figure 2



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MANUAL COOKING

Steam

Manual Steam has 2 options, Steam High and Steam Low. Always cook food using steam tray and glass tray. See page EN-13 for the details. And see the important instructions on page EN-6-7.

Cooking mode		Temperature
Steam High	蒸(高) Steam High	100°C
Steam Low	蒸(低) Steam Low	70 - 95°C

Use Steam High to steam foods such as chicken or vegetables. Use Steam Low to steam fish or egg custard gently. With Steam Low mode, cooking time is a little longer than Steam High mode. Steam cooks food gently without destroying shape, colour or aroma. The Steam High can be programmed for up to 35 minutes (35.00). The Steam High can be programmed for up to 60 minutes (60.00). On Steam Low, the temperature can be set between 70°C and 95°C by 5°C step. 2 layers cooking is available for Steam High. 1 layer cooking only is available for Steam Low.

STEAM HIGH

* Suppose you want to cook for 20 minutes on Steam High with 2 layers.

PROCEDURE

1 Make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed. Press **Steam High** until the desired tray position indicators are displayed (2 and 3).

蒸(高) Steam High x 2

2 Enter the desired cooking time by pressing **Time** (20.00).

10 分 min x 2

3 Press **Start/Instant Cook**.

開始/即時烹調 Start/Instant Cook x 1

4 After cooking, EXTEND will appear. If you wish to extend cooking time, enter the desired time by pressing **Time** and press **Start/Instant Cook**.

10 分 min | 1 分 min | 10 秒 sec

開始/即時烹調 Start/Instant Cook

If not, press **Stop/Clear**. After the oven has cooled, remove and empty the water tank, wipe oven cavity. Empty the drip tray.

暫停/取消 Stop/Clear

STEAM LOW

* Suppose you want to cook for 20 minutes on Steam Low (80°C).

PROCEDURE

1 Make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed. Press **Steam Low** until the desired temperature is displayed (80°C).

蒸(低) Steam Low x 3

2 Enter the desired cooking time by pressing **Time** (20.00).

10 分 min x 2

3 Press **Start/Instant Cook**.

開始/即時烹調 Start/Instant Cook x 1

4 After cooking, EXTEND will appear. If you wish to extend cooking time, enter the desired time by pressing **Time** and press **Start/Instant Cook**.

10 分 min | 1 分 min | 10 秒 sec

開始/即時烹調 Start/Instant Cook

If not, press **Stop/Clear**. After the oven has cooled, remove and empty the water tank, wipe oven cavity. Empty the drip tray.

暫停/取消 Stop/Clear

NOTES:

1. "Err" will be displayed at step 2 if the longer time than the maximum time for each Steam cooking mode is entered. To clear, press **Stop/Clear** and re-programme.
2. To extend steaming times, see EXTENDING COOKING TIME AT THE END OF STEAM COOKING on page EN-17. Before extending the cooking time, make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed.
3. Keep the door closed. If opened during cooking, steam will escape and a longer cooking time will be required.
4. During and after cooking, condensed water may be on the door, oven walls and oven floor. Dry any liquid residue with a soft cloth. After the last use of the day, we recommend to operate the oven with Grill for 3 minutes without food for drying the water off around grill heating element.
5. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

WARNINGS:

1. The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.
2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.

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MANUAL COOKING

Grill

The grill heating element at the top of the oven cavity has one power setting only. This mode does not use steam. This mode can be programmed for up to 99 minutes 50 seconds. 1 layer cooking only. Place the food onto the rack on glass tray and select desired position depending on the food size.

* Suppose you want to cook for 10 minutes on Grill.

PROCEDURE

1 Press **Grill**.

x 1

2 Enter the desired cooking time by pressing **Time** (10.00).

x 1

3 Press **Start/Instant Cook**.

x 1

WARNING:
The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.

NOTES:

1. Keep the door closed. If opened during cooking, heat will escape and a longer cooking time will be required.
2. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

Grill Mix

Grill Mix combines microwave power with grill. Grill Mix has 2 options; Grill Mix High and Grill Mix Low. This mode does not use steam. This mode can be programmed for up to 99 minutes 50 seconds. 1 layer cooking only.

Cooking mode	Cooking method
Grill Mix High	Grill 50% Microwave 50%
Grill Mix Low	Grill 90% Microwave 10%

* Suppose you want to cook for 20 minutes on Grill Mix High.

PROCEDURE

1 Press **Grill Mix High** once.

x 1

2 Enter the desired cooking time by pressing **Time** (20.00).

x 2

3 Press **Start/Instant Cook**.

x 1

WARNING:
The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.

NOTES:

1. Keep the door closed. If opened during cooking, heat will escape and a longer cooking time will be required.
2. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.
3. When you cook large quantity of food, the water contained in food may be drained into the drip tray. Remove and empty the drip tray after cooking.

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MANUAL COOKING

Microwave

Microwave is fast and convenient for cooking, reheating and defrosting.
First enter the cooking time then the power level. This mode does not use steam. This mode can be programmed for up to 99 minutes 50 seconds.
There are 6 different power levels.

Power level	Display	Examples
100%	100P	Raw meat, vegetables, rice or pasta
70%	70P	Delicate foods such as eggs or seafood.
50%	50P	
30%	30P	Defrost, softening butter
10%	10P	Keep food warm
0%	0P	

This variable cooking control allows you to select the rate of microwave cooking.
If a power level is not selected, then 100% is automatically used.
1 layer cooking only.

* Suppose you want to cook for 5 minutes on 100%.

PROCEDURE

1 Enter the desired cooking time by pressing **Time** (5.00).

x 5

2 Press **Start/Instant Cook**.

x 1

To change the microwave power level, press **Microwave** until the desired power level is displayed.

* Suppose you want to defrost for 5 minutes on 30%.

PROCEDURE

1 Enter the desired cooking time by pressing **Time** (5.00).

x 5

2 Change the power level by pressing **Micowave** until the desired microwave power level is displayed (30P).

x 4

3 Press **Start/Instant Cook**.

x 1

NOTES:

1. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.
2. Do not use the steam tray and metal rack.
3. When you cook large quantity of food, the water contained in food may be drained into the drip tray. Remove and empty the drip tray after cooking.

HINT:

For cooking cake or meatloaf, place the container on the glass tray in lower position (position 2) .

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OTHER CONVENIENT FEATURES

More or Less Time Adjustment (LESS (▼) / MORE (▲) keys)

a) To use with automatic cooking:

You can adjust cooking results as you like.

Should you discover that you like any automatic settings slightly **more** done, press **More** (▲) after entering weight and before pressing **Start/Instant Cook**.

Should you discover that you like any automatic settings slightly **less** done, press **Less** (▼) after entering weight and before pressing **Start/Instant Cook**.

b) To use with manual cooking:

During the manual cooking process, the cooking time can be decreased or increased in 1 minute steps each time the **Less** (▼) and **More** (▲) are pressed.

NOTE: You can not use this function for Steam cooking.

Extending Cooking Time at the End of Steam Cooking

This function is for Steam Menu, Steam High and Steam Low only.

Cooking results may vary depending on room temperature, initial food temperature and other factors. You can adjust cooking results by adding more cooking time at the end. When cooking is finished, the display will show "EXTEND". It is only possible to add extra time during the 5 minutes when "EXTEND" is in the display. The time can be extended up to 10 minutes. Enter the desired time by pressing **Time** and then press **Start/Instant Cook**. The same cooking mode will be continued. Carefully check the cooking process.

NOTES:

1. Before extending Steam mode, make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed. If "Err, WATER (flashing)" is displayed during cooking, fill the water tank to the MAX mark. Position and push firmly into place, then press **Stop/Clear** to clear the error message. To continue the cooking, cook manually. Check for doneness from time to time.
2. Extend mode is cancelled when **Stop/Clear** is pressed.
3. The Extending Cooking Time function can be repeated until the food is cooked as you desire.
4. While the display shows "EXTEND", Energy Save Mode will be cancelled temporary.

Multiple Sequence Cooking

This function allows you to cook using up to 3 manual cooking programmes; combinations of Microwave, Grill and Grill Mix.

* Suppose you want to cook in Sequence Cooking for:
5 minutes on 70 % microwave power (Stage 1)
3 minutes on Grill (Stage 2)
3 minutes on Grill Mix High (Stage 3)

PROCEDURE

1 For 1st stage, press **Microwave** until the desired microwave power level is displayed (70P) and enter the desired cooking time by pressing **Time** (5.00).

x 2

x 5

2 For 2nd stage, press **Grill** and enter the desired cooking time by pressing **Time** (3.00).

x 1

x 3

3 For 3rd stage, press **Grill Mix High** and enter the desired cooking time by pressing **Time** (3.00).

x 1

x 3

4 Press **Start/Instant Cook**.

x 1

NOTE:

After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

WARNING:

The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.

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OTHER CONVENIENT FEATURES

Kitchen Timer

Use the Kitchen Timer as a minute timer or to monitor the standing time for cooked/defrosted food.

• Suppose you want to set the kitchen timer for 5 minutes.

PROCEDURE

1 Enter the desired time by pressing **Time** (5.00).

x 5

2 Press **Info/Timer** once.

x 1

NOTE:

In Energy Save Mode, open and close the door to activate Kitchen Timer before entering the desired time.

Instant Cook

Start/Instant Cook allows you to operate the two following functions:

a) Direct start

You can directly start cooking on 100% microwave power for 1 minute by pressing **Start/Instant Cook**.

NOTE:

To avoid the misuse by children **Start/Instant Cook** can be used only within 3 minutes after preceding operation, i.e., closing the door, pressing the **Stop/Clear** key or cooking completion.

b) Extend the manual cooking time

You can extend the manual cooking time for multiples of 1 minute if **Start/Instant Cook** is pressed while the oven is in operation.

NOTE:

You can not use this function for Steam cooking.
The cooking time can be extended up to 99 minutes.

Info

Info provides 7 features.

In F1: Drain
In F2: Descale
In F3: Water Hardness
In F4: Demo Mode
In F5: Child Lock
In F6: Clock
In F7: Energy Save Mode

These features can be selected by pressing **Info/Timer** until the desired function is displayed and pressing **Start/Instant Cook**.

DRAIN

The remaining water inside the steam generator can be evaporated by using the DRAIN function. See page EN-8.

DESCALE

See page EN-8.

WATER HARDNESS

Your oven is set at the factory to water hardness setting 3 (Very hard). You can set the oven for the water hardness level.

You can use a test strip available at some drug stores, to check the water hardness level.

In some areas, it is possible to ask the water supply company for the water hardness.

When you use test strips, follow the instructions of them.

Hardness level	Hardness range	Setting
1	<120 ppm <120 mg/l <6.7 °dH	Soft
2	120 - 250 ppm 120 - 250 mg/l 6.7 - 14.0 °dH	Hard
3	>250 ppm >250 mg/l >14.0 °dH	Very hard

PROCEDURE

1 Press **Info/Timer** 3 times (In F3).

2 Press **Weight** until the desired hardness level is displayed and press **Start/Instant Cook**. The water hardness setting will be held in the memory even if the oven power is off.

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OTHER CONVENIENT FEATURES

DEMONSTRATION MODE

This feature is mainly for use by retail outlets, and also allows you to practice the key operation.

To demonstrate, press **Info/Timer** 4 times (In F4). And then press **Start/Instant Cook**. "dISP" will appear in the display.

Cooking operations can now be demonstrated with no power in the oven. The display will count down to zero at ten times the speed faster than normal.

To cancel, press **Info/Timer** 4 times (In F4). And then press **Start/Instant Cook**. The display will show "dISP OFF". Or unplug the oven from the electrical outlet and re-plug to cancel Demo Mode.

NOTES:

1. "dISP" will change to " . 0" when pressing **Stop/Clear**.
2. If you set Demo Mode, Energy Save Mode will be cancelled.

CHILD LOCK

Child Lock prevents unwanted oven operation such as operated by small children. The oven can be set so that the control panel is deactivated and locked.

To set the Child Lock, press **Info/Timer** 5 times (In F5). And then press **Start/Instant Cook**. "SAFE" will appear in the display. The control panel is now locked, each time a key is pressed, the display will show "SAFE".

To unlock the control panel, press **Info/Timer** 5 times and **Start/Instant Cook** quickly. The display will show "SAFE OFF" and the oven is ready to use.

NOTES:

1. If you set Child Lock, Energy Save Mode will be cancelled.
2. When the oven power is off, the setting returns to OFF.

CLOCK

See page EN-9.

ENERGY SAVE MODE

In Energy Save Mode, if you do not operate the oven for 3 minutes or more (i.e. closing the door, pressing **Stop/Clear**, or at the end of cooking), the display will be blank and the oven cannot be used. To restore power on, open and then close the door, " . 0" will be displayed and the oven is ready for use.

If you set the clock, Energy Save Mode will be cancelled.

To start Energy Save Mode manually, follow the instructions below.

To start the Energy Save Mode (the display shows the time of day), press **Info/Timer** 7 times (In F7). And then press **Start/Instant Cook**. "SV" will appear in the display. Then the display will show " . 0" for 3 minutes before the oven power is off.

NOTE:

While the oven is in Demonstration mode, in Child Lock, or cooling fan is working, Energy Save Mode will be cancelled temporarily.

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CLEANING AND CARE

Key Point for Cleaning - Immediately and frequently!
The food splashes and oily meat juice, remaining on the oven interior walls will get stuck and hard to remove if it is not cleaned immediately and after each use. The usage of the steam function will assist in this cleaning process. But, they will be also perishable by the influence of steam. Thus, please clean the oven immediately.

CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

Before cleaning, make sure the oven cavity, door, oven cabinet, accessories and especially the grill heating element are completely cool.

CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS - Keep the oven clean, or the oven could lead to a deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Oven Exterior

The outside of your oven can be cleaned easily with mild soap and water. Make sure the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

Control Panel

Open the door before cleaning to de-activate the control panel. Care should be taken when cleaning the control panel. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Door

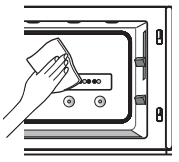
To remove all trace of dirt, regularly clean both sides of the door, the door seals and adjacent parts with a soft, damp cloth. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

Door Seals

Always keep the door seals clean to prevent any damage. If water condenses inside the door seals, wipe dry with a soft cloth. Polish with another soft cloth. Do not use a chemical or abrasive cleaner on these surfaces. Care should be taken not to rub, damage, pull or move the seals. Before cooking, always check that door seals is lying smooth and flat. If not, steam will leak from the door. Do not use the oven if it has a damaged door seals. Consult a SERVICE CENTRE APPROVED BY SHARP.

Oven interior

IMPORTANT INFORMATION:



- After every use: Wipe the oven walls with a soft cloth and warm water (or mild soapy water) while the oven is still warm. Using the oven without cleaning may lead spatters to get stuck.
- Do not use caustic cleaners (acidic/alkaline), spray type cleaners, abrasive or harsh cleaners or scouring pads as it may damage the surface of oven walls.

For removal of OIL AND FOOD SPLASHES on oven walls:

1. Fill the water tank with room temperature water suitable for drinking (filtered) through the lid to the MAX mark.
2. Operate the oven with Steam High for 10 minutes without food. See page EN-14.
3. After steaming, wipe the dirt in the oven interior with a dry soft cloth while the oven is still warm. Be aware that the grill heating element and steam outlets may be still hot, so take care when wiping the ceiling and cavity back plate. (The grill heating element will turn on for a very short time intermittently during the cooking.) And then, we recommend to operate the oven with Grill for 3 minutes without food and accessories for drying the water off around grill heating element.

Steam Tray / Glass Tray / Rack

Wash steam tray, glass tray and rack after cooking with a mild soap or detergent solution, rinsing and polishing dry. Do not use harsh cleaners, sharp metal scrapers or stiff brushes to prevent damage to the easy clean surface. All the accessories can be washed in the dishwasher. Do not leave the steam tray and rack wet.

Water Tank and Water Tank Lid

After cooking, wash in a mild soap or detergent solution with a soft damp cloth or sponge, rinse and polish dry. Do not wash in the dishwasher. Do not use harsh cleaners, sharp metal scrapers or stiff brushes on the water tank and water tank lid.

Drip Tray

Empty drip tray after cooking, wash in a mild soap or detergent solution with a soft damp cloth or sponge, rinse, polish dry and replace below the oven front. Do not wash in the dishwasher.

Descaling within the Oven's Steam Parts

During steam production, scale may form in the steam generator. To remove scale, carry out descale function when "DESCALE" flashes on and off in the display. See page EN-8 for complete instructions.

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TROUBLESHOOTING CHART

If EE is displayed or you think the oven is not working properly, check the chart below before consulting a SERVICE CENTRE APPROVED BY SHARP. This will help to prevent unnecessary service calls.

WARNING:
Never adjust, repair or modify the oven by yourself. It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation. This is important as it may involve the removal of covers that provide protection against electrical parts.

- Repairs and Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer cabinet: Never remove the outer cabinet to avoid the possibility of electric shock or burns.

Troubleshooting Chart

TECHNICAL ERROR MESSAGE / INFORMATION MESSAGE

MESSAGE ON DISPLAY		ACTION
TECHNICAL ERROR MESSAGE	EE	Due to technical error, contact a SERVICE CENTRE APPROVED BY SHARP.
INFORMATION MESSAGE	Err	The time you set is over the maximum time for Steam High or Steam Low. Press **Stop/Clear** and re-programme.
	Err, HOT (flashing)	The oven is too hot to use for Auto Defrost or Steam Low. Remove food from oven and allow to cool until the message clears.
	Err, WATER (flashing)	Remove water tank and fill with water to the MAX mark. Replace and push firmly into place, then press **Stop/Clear** to clear the error message. Make sure that the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered). To continue the cooking, cook manually. Check for doneness from time to time. **NOTES:** 1. Ensure you do not use any other liquids like distilled water, R.O water, mineral water and etc. 2. When this error message appears again and again even if you fill the water tank with water, the internal steam system may be out of order. Contact a SERVICE CENTRE APPROVED BY SHARP. You can use the oven for the cooking modes which do not use steam.
	COLd	The water in the internal steam system is frozen. Operate the oven with Grill without food for 10 minutes. See page EN-15.
	DESCALE (flashing)	Follow step-by-step instructions for descaling. See page EN-8.
	HOT (flashing)	The oven cabinet and oven cavity are very hot. Pay extra attention not to burn yourself.
	SV	This message is not sign that the oven is malfunctioning. When the setting of Energy Save Mode is completed, “SV” will appear on the display. Then the display will show “ . 0” for 3 minutes before the oven power is off. See page EN-19.

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TROUBLESHOOTING CHART

The following situations are normal and are not signs that the oven is malfunctioning.

QUESTION / SITUATION		ANSWER
Control panel / power supply	The display is black / blank.	* Open the door and close. * Check the power plug is properly connected to a suitable wall outlet. * Check the wall socket and fuse are functioning properly. * Disconnect the power cord, wait for a minute. Then reconnect, open and close the door.
	The display is fine but **Start/Instant Cook** will not function when pressed.	* Open the door and close. Is the oven light off? Press **Start/Instant Cook** again. * If the message "Err, HOT (flashing)" is displayed, wait until the message has disappeared.
	Electrical power supply is interrupted during cooking.	The programmed cooking time and mode will be cancelled. Continue to cook with manual mode.
Energy save mode	The display does not change to blank.	In the following cases, Energy Save Mode will be cancelled temporary: - When the door is opening. - Pause of the automatic cooking. - When the cooking fan is working after cooking. - Demonstration mode - Child lock - Extend mode - Drain mode - Descaling mode - Kitchen timer mode - When the display shows "Err, WATER (flashing)". - When Clock is set
Water	Leakage water from the bottom front of the oven.	* Check the drip tray is installed correctly. Remove and replace the drip tray correctly. See page EN-6. * Did you empty the drip tray before the cooking? You must empty the drip tray and replace it before Steam Cooking start. See page EN-6.

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TROUBLESHOOTING CHART

The following situations are normal and are not signs that the oven is malfunctioning.

QUESTION / SITUATION		ANSWER
Steam	Water is found inside the oven when the door is opened.	Steam has condensed inside the oven. Wipe dry with a soft cloth or a sponge after cooling.
	Steam comes out from the bottom of the oven.	The air ventilation openings are at the oven bottom (left side). It is normal for used steam to come from the air ventilation openings. Be aware that hot steam comes out during steam cooking, and keep children away from the oven.
	Condensed water can be seen in the oven cavity.	This operation is normal. Steam has condensed on the oven floor. Wipe dry with a soft cloth or a sponge after cooling.
	Steam comes from the door during cooking.	Check the door sealings to make sure it is lying smoothly and flat.
Noise / Sound	Noise during microwave cooking.	In microwave operation, you may hear the magnetron cycling on and off depending on the power level.
	Noise after cooking.	The cooling fan will operate until the oven is cool. The fan may continue to operate up to 10 minutes depending on the oven and parts temperatures.
	Noise when cooking with high temperature.	High temperatures may cause expansion of the oven's components. This is normal.
Smoke / Aroma	When using the oven for the first time, smoke or smell may be detected.	See page EN-9 for step-by-step instructions for cleaning the oven before the first use.
Cooking result	The menu using water does not have a good cooking result.	* Did you fill the water tank with water to the MAX mark before cooking? * Did you take the water tank off from the oven during the cooking? Do not remove the water tank during the cooking except for the case instructed in the cookbook or the operation manual. * Did you use the glass tray? See the important instructions on page EN-6-7.
Food spatters	It is difficult to remove food spatters stuck on the oven walls.	See "For removal of OIL AND FOOD SPLASHES on oven walls:" on page EN-20. It is important to clean the oven interior after every use.
Others	Time appearing in the display is counting down very rapidly.	Check Demonstration Mode on page EN-19 and cancel.
	Hot air comes out from the bottom of the oven.	The air ventilation openings are at the oven bottom (left side). This is normal. Be aware that hot air comes out during Grill Mix cooking, and keep children away from the oven.

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SERVICE CALL CHECK

Check the following before calling service:

1. Does the display light when the door is opened and closed? Yes _____ No _____
2. When the door is opened, is the oven lamp switched on? Yes _____ No _____
3. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely.
   Oven lamp should go off if door is closed properly.
   Programme the oven for one minute on Microwave 100%. At this moment:
   A. Does the oven lamp light? Yes _____ No _____
   B. Does the cooling fan work? Yes _____ No _____
   You will hear the fan sound.
   C. Does the Microwave indicator appear in the display? Yes _____ No _____
   D. After one minute, did an audible signal sound? Yes _____ No _____
   E. Is the water inside the oven hot? Yes _____ No _____
4. Remove water from the oven and programme the oven for 5 minutes on Grill.
   A. Does the Grill indicator appear in the display? Yes _____ No _____
   B. After the oven stops, is inside of the oven hot? Yes _____ No _____
5. Fill the water tank with water and replace.
   Operate the oven for 3 minutes on Manual Steam High.
   A. After the oven stops, is the inside of the oven filled with steam? Yes _____ No _____

If “NO” is the answer to any of the above questions, please check your wall socket and the fuse in your meter box. If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

IMPORTANT: If the display shows nothing even if the power supply plug is properly connected, the Energy Save Mode may be in operation. Open and close the oven door to operate the oven. See "Getting Started" on page EN-9.

NOTES:

1. If time in the display is counting down very rapidly, check Demonstration Mode. (Please see page EN-19 for detail.)
2. If the oven is set for more than about 20 minutes on Microwave 100%, output power will be reduced to avoid overheating. Finally the output power will be 70% power level.

SPECIFICATIONS

AC Line Voltage	:	Refer to the rating label.
AC Power Required		
Microwave	:	1.53 kW
Grill	:	1.15 kW
Steam	:	1.15 kW
Output Power		
Microwave	:	900 W* (IEC test procedure)
Grill	:	1.10 kW
Steam heating element	:	0.9 kW
Microwave Frequency	:	2450 MHz** (Class B/Group 2)
Outside Dimensions	:	520 mm(W) x 330 mm(H) x 474 mm(D)***
Cavity Dimensions	:	343 mm(W) x 210 mm(H) x 381 mm(D)
Oven Capacity	:	27 litre****
Weight	:	Approx. 19.5 kg

* This measurement is based on the International Electrotechnical Commission’s standardised method for measuring output power.

** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

*** The depth does not include the door opening handle.

**** Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.

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COOKING GUIDES

Points To Remember

- Please make reading the Operation Manual your very first step in operating with your new oven. This important booklet explains exactly how the oven works and what you need to know to operate it successfully.
- Use the information in the charts and recipes to help adapt your own favorite recipes or convenience foods for preparation in the oven.
- The stated cooking times in the charts and recipes are guidelines and are based on standard conditions. Cooking results will vary according to the conditions of food, utensils and the oven. Please check the cooking result and if necessary, adjust cooking times accordingly.
- Prepare the food and use accessories as instructed.
- When placing food in the oven, turning, stirring or adding something to the food, please ensure the door does not remain open long so as to avoid loss of heat.
- Please refer to Food and Utensil Position Chart on page EN-13 before setting food in the oven.
- Always distribute the ingredients evenly inside a piece of ovenware or steam tray to achieve even cooking results.
- There is no need to fill the water tank for Microwave, Grill, Grill Mix High or Grill Mix Low cooking.
- If you would like to adapt your favorite recipes for the microwave, you should take note of the following: Shorten cooking times by a third to a half. Follow the example of the recipes in this cook book.

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COOKING GUIDES

About Utensils and Coverings

The chart below will help you decide what utensils and coverings should be used in each mode.

Utensils - Coverings \ Cooking Mode	Steam	Grill	Grill Mix	Microwave
Aluminium Foil	**YES**	**YES**	**YES**	**YES**
			Small flat pieces of aluminum foil placed smoothly on food can be used to shield areas from cooking or defrosting too quickly. Keep foil at least 2 cm from walls of oven.	
Metal, Foil Containers	**YES**	**YES**	**NO**	**NO**
China, Ceramics	**YES**	**YES**	**YES**	**YES**
	Oven-proof porcelain, pottery, glazed earthenware and bone china are usually suitable. Do not use the container if it has a flaw.		In general, porcelain is suitable. Please be sure that your porcelain does not contain any metal or gold or silver plating. Check manufacturer's recommendation for being microwave safe. Do not use the container if it has a flaw.	
Heat-resistant Glassware e.g. Pyrex®	**YES**	**YES**	**YES**	**YES**
	Care should be taken if using fine glassware as it can break or crack if heated suddenly.			
Plastic/Polystyrene heat-resistant temp. over 140°C	**YES**	**NO**	**NO**	**YES**
	Care must be taken as some containers warp, melt or discolour at high temperatures.			Use microwave-safe plastic containers for reheating and defrosting. Some microwave-safe plastics are not suitable for cooking foods with high sugar content. Follow manufacturer's directions.
Plastic Wrap heat-resistant temp. over 140°C	**YES**	**NO**	**NO**	**YES**
Paper Towels, Paper Plates	**NO**	**NO**	**NO**	**YES**
				Only use for warming or to absorb moisture. Care must be taken, as overheating may cause fire. Do not use recycled paper towels which may contain metal filings.
Containers made of synthetic material	**NO**	**NO**	**NO**	**NO**
	They could melt at high temperature.			
Baking paper	**YES**	**NO**	**NO**	**NO**
Roasting Bags	**NO**	**NO**	**NO**	**YES**
				Follow manufacturer's directions.
Silver Dishes and Cooking Utensils or Containers that might rust inside the oven.	**NO**	**NO**	**NO**	**NO**
Rack	**YES**	**YES**	**YES**	**NO**
			The metal rack supplied have been specially designed for Grill Mix and will not damage the oven.	
Steam trays	**YES**	**NO**	**NO**	**NO**
Glass tray	**YES**	**YES**	**YES**	**YES**
	To prevent the glass tray from breaking: • Before cleaning the glass tray with water, leave the glass tray to cool. • Do not place anything hot on a cold glass tray. • Do not place anything cold on a hot glass tray.			

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COOKING GUIDES

Utensils should be checked to ensure that they are suitable for use in each cooking mode. When heating food in plastic containers, pay special attention to the melting temperature of the containers. Never heat the plastic containers at over their melting temperature. Keep an eye on the oven due to the possibility of melting and ignition.

ACCESSORIES There are many microwave or heat-resistant accessories available for purchase. Evaluate carefully before you purchase so that they meet your needs. A microwave-safe thermometer will assist you in determining correct doneness and assure you that foods have been cooked to safe temperatures when using microwave-only cooking. Sharp is not responsible for any damage to the oven when accessories are used.

For automatic cooking, use the recommended container in each cooking guide and recipes of the cookbook section.

Steam Cooking Advice

There are certain techniques for cooking with steam. It is essential that these techniques are followed to ensure good results. Many of them are similar to those used in conventional cooking so you may be used to doing them already. Please follow the advise given below for all cooking options which use Steam Menu, Steam High and Steam Low.

NOTE:

- **Always pay attention to the oven when in use.**
- **Ensure that the utensils are suitable for STEAM cooking mode. (See About Utensils and Coverings page EN-26)**
- **Ventilate the room to allow the steam to dissipate.**
- **After cooking and the oven has cooled, remove and empty the water tank, wipe oven cavity with a soft cloth or sponge. Empty the drip tray.**

- Special Advice for STEAM -

Cooking Techniques	
Container	Ensure food is arranged evenly. Food which has little or no space in between will take longer to cook, please ensure food is positioned with enough space between items to allow the steam to circulate around it. For the container, a shallow dish is suitable. It is not recommended to use dense dishes, because of the thickness of such dishes, recommended cooking times will have to be extended.
Covering	Covering is not necessary in most cases. If a cover is required, aluminium foil is recommended to keep food becoming wet from the condensed water in the oven cavity. Covered food will take longer to cook.
Door	For accurate cooking times, keep the door closed.
Stir	Sometimes soup or vegetable reheated in a casserole without covering looks watery after cooking. Appearance will be better by stirring well.
Stand	Standing time is recommended after cooking so it enables the heat to disperse equally throughout the food. Do not allow to stand for a long time; food may be overcooked or wet by the residual steam.

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COOKING GUIDES

- Advice for STEAM -

Food characteristics	
Density	Food density will affect the amount of cooking time needed. Cut the food into thinner parts if possible, and arrange in single layer.
Quantity	The cooking time must be increased as the amount of food cooked in the oven increases.
Size	Small foods and small pieces cook faster than large ones, as heat can penetrate from all sides to the centre. For even cooking make all the pieces the same size.
Shape	Foods which are irregular in shape, such as chicken breasts or drumsticks, may take longer to cook in the thicker parts. Check these parts are cooked thoroughly before serving.
Temperature of food	The initial temperature of food affects the amount of cooking time needed. Chilled foods will take longer time to cook than foods at room temperature. The temperature of the container is not the actual temperature of the food or drink.
Seasoning & flavouring	Seasoning or flavouring are best added after cooking. If added as marinades or rubs, their taste may become light when cooking with steam. Add seasoning or flavouring again after cooking if necessary.

NOTE:

- Ensure the food is thoroughly cooked / reheated before serving.
- Cooking time will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.

Face & Hands: Always use thick oven gloves to remove food or cookware from the oven. Be careful when opening the oven door to allow steam to dissipate. Do not remove the food from the oven with your bare hand.

Check the temperature of food and drink and stir before serving. Take special care when serving to babies, children or the elderly.

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COOKING GUIDES

Microwave Cooking Advice

- Special Notes and Warning for MICROWAVE -

	DO	DON'T
Eggs, fruits, nuts, seeds, vegetables, sausages and oysters	* Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes.	* Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself. * Cook hard/soft boiled eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	* Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds.	* Pop popcorn in regular brown bags or microwave safe glass bowls. * Exceed maximum time on popcorn package.
Baby food	* Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and nipple before warming baby bottles. After warming shake thoroughly. Check for suitable temperature.	* Heat disposable bottles. * Overheat baby bottles. Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	* Food with filling should be cut after heating, to release steam and avoid burns. * Use a deep bowl when cooking liquids or cereals to prevent boiling over.	* Heat or cook in closed glass jars or airtight containers. * Deep fat fry. * Heat or dry wood, herbs, wet papers, clothes or flowers.
Liquids (Beverages)	* For boiling or cooking liquids see IMPORTANT SAFETY INSTRUCTIONS on page EN-2 to prevent explosion and delayed eruptive boiling.	* Heat for longer than recommended time.
Canned foods	* Remove food from can.	* Heat or cook food in cans.
Sausage rolls, Pies, Christmas pudding	* Cook for the recommended time. (These foods have high sugar and/or fat contents.)	* Overcook as they may catch fire.
Meats	* Use a microwave proof roasting rack or plate to collect drained juices.	* Place meat directly on the ceramic oven floor for cooking.
Utensils	* Check the utensils are suitable for MICROWAVE cooking before you use them.	* Metal reflects microwave energy and may cause an electrical discharge known as arcing. Use metal utensils for MICROWAVE cooking.
Aluminium foil	* Use to shield food to prevent over cooking. * Watch for sparking. Reduce foil or keep clear of cavity walls.	* Use too much. * Shield food close to cavity walls. Sparking can damage the oven.

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COOKING GUIDES

- Advice for MICROWAVE -

Cooking Techniques	
Arrange food carefully	Place the thickest areas toward outside of dish.
Watch cooking time	Cook for the shortest amount of time indicated and add more time as needed. Food severely overcooked can smoke or ignite.
Cover foods before cooking	Check recipe for suggestions: paper towels, microwave plastic wrap or a lid. Covers prevent spattering and help foods to cook evenly. (Helps keep oven clean)
Shield foods	Use small pieces of aluminium foil to cover thin areas of meat or poultry in order to avoid overcooking.
Stir foods	From outside to centre of dish once or twice during cooking, if possible.
Turn foods	Foods such as chicken, hamburgers or steaks should be turned over once during cooking.
Rearrange foods	Like meatballs arrange halfway through cooking both from top to bottom and from the centre of the dish to the outside.
Allow standing time	After cooking ensure adequate standing time. Remove food from oven and stir if possible. Cover during standing time can allow the food to finish cooking completely.
Check for doneness	Look for signs indicating that cooking temperature has been reached. Doneness signs include: – Steam emits throughout the food, not just at edge; – Joints of poultry can be torn apart easily; – Pork and poultry show no pinkness; – Fish is opaque and flakes easily with a fork.
Condensation	A normal part of microwave cooking. The humidity and moisture in food will influence the amount of moisture in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.
Microwave safe plastic wrap	For cooking food with high fat content, do not bring the wrap in contact with the food as it may melt.
Microwave safe plastic cookware	Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.
Cake/Meatloaf	For cooking cake or meatloaf, place the container on the glass tray in lower position (position 2).

- Advice for defrosting -

Defrosting Techniques	
Arrange	Arrange food in a single even layer on the shallow dish. This will ensure that all parts of the food defrosts evenly.
Separate	Foods may be stuck together when removed from the freezer. It is important to separate foods as soon as possible during defrosting. e.g. steaks, chops
Stand	Standing time is necessary to ensure food is thoroughly defrosted. Food must stand, covered, for a length of time to ensure the centre has completely defrosted.

NOTE:

• Remove all packing and wrapping before defrosting.

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AUTOMATIC COOKING CHART

Steam Menu Guide

- Make sure that the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed.

Rice/Egg

Menu number	Menu name	Weight range (Increasing unit)	Procedure	Food Position
St11	**Rice** (initial temp 20°C)	1 - 2 serves (1 serve)	<table><tr><td>Servings</td><td>Rice</td><td>Water</td></tr><tr><td>1 serve (1 - 2 persons)</td><td>150 g</td><td>250 ml</td></tr><tr><td>2 serves (3 - 5 persons)</td><td>300 g</td><td>500 ml</td></tr></table>• Wash rice until water runs clear. • Place rice and water into a deep casserole (about 2 litre) and soak for 30 minutes. (Stir rice a few times during soaking.) • Stir and place the casserole on the steam tray on the glass tray, uncovered. • Place them on the lower position (position 2). • After cooking, stir lightly and stand for 5 minutes.	2
St12	**Sticky Rice** (initial temp 20°C)		• See recipe on page EN-33.	2
St13	**Steamed Egg** (initial temp 20°C)	1 - 4 serves (1 serve)	• See recipe on page EN-33.	2
St14	**Boiled Egg** (initial temp 20°C)	1 - 6 eggs	• It is not necessary to enter weight. • Place eggs with shells in the steam tray on the glass tray. • Place them on the lower position (position 2).	2

Vegetable

Menu number	Menu name	Weight range (Increasing unit)	Procedure	Food Position
St21	**Fresh Vegetable** (initial temp 20°C) eg: Broccoli (florets), Lettuce (shreds), Asparagus (strips), White Chinese Cabbage (whole or halves), Chinese Celery Cabbage (Shreds), Spinach (halves), Onions (shreds), Mange-tout (whole), Green Pepper (strips), Pak Choi, Cauliflower florets	0.1 - 0.6 kg (100g)	• Wash vegetables, then remove excess water. • Cut & trim the vegetables into florets, shreds or strips. • Put on a shallow dish (22 - 27 cm in diameter), sprinkle with salt & oil. • Place the shallow dish on the steam tray on the glass tray, uncovered. • Place them on the lower position (position 2). • After cooking, stir where necessary.	2
St22	**Frozen Vegetable** (initial temp -18°C) eg: Cauliflower (florets), Sliced Carrots, Broccoli (florets), Corn on cob	0.1 - 0.6 kg (100g)	• Put frozen vegetables on a shallow dish (22 - 27 cm in diameter). • Place the shallow dish on the steam tray on the glass tray, uncovered. • Place them on the lower position (position 2). • After cooking, stir and stand for 2 minutes.	2

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AUTOMATIC COOKING CHART

Steam Menu Guide

Fish/Meat/Chicken

Menu number	Menu name	Weight range (Increasing unit)	Procedure	Food Position
St31	**Fresh Fish** (initial temp 5°C) eg: Whole fish such as Sea Bream, Red Snapper, Carp, Pomfret, Golden Thread, Black Mullet, Flatfish, Garoupa etc.	0.1 - 0.5 kg (100g)	• Wash fish thoroughly and remove scales. • Make a few slits on the skin of fish, pierce the eyes of fish. • Put on a shallow dish, 22 - 27 cm in diameter. • Sprinkle lightly with salt and oil. • Put green onion and ginger slices on top. • Place the shallow dish on the steam tray on the glass tray, uncovered. • Place them on the lower position (position 2).	2
St32	**Fresh Meat** (initial temp 5°C) eg: Pork patty, Beef patty, Spare rib cubes, Chicken pieces etc.	0.2 - 0.5 kg (100g)	• Marinate the meat and put on a shallow dish, 22 - 27 cm in diameter. • For meat patty, try to make it a thin layer especially in the centre. • Place the shallow dish on the steam tray on the glass tray, uncovered. • Place them on the lower position (position 2).	2
St33	**Fresh Shrimp** (in shells) (initial temp 5°C)	0.2 - 0.6 kg (100g)	• Put shrimp on a shallow dish, 22 - 27 cm in diameter. • Place the shallow dish on the steam tray on the glass tray, uncovered. • Place them on the lower position (position 2).	2
St34	**Fresh Chicken Fillet** (initial temp 5°C)	0.15 - 0.60 kg (50g) Recommended: Chicken breast (1 piece: 150 g)	• Season the chicken fillets with salt and pepper. • Place the chicken fillets on a shallow dish, 22 - 27 cm in diameter. Place the shallow dish on the steam tray on the glass tray. • Place them on the lower position (position 2).	2

Balanced Menu

Menu number	Menu name	Weight range (Increasing unit)	Procedure	Food Position
St41	**Corn Butter & Steam Spring Roll** (initial temp 20°C)	1 - 4 serves (1 serve)	• See recipe on page EN-34.	2&3
St42	**Fresh Veg & Steam Chicken Wings** (initial temp 20°C for veg, 5°C for chicken wings)	1 - 4 serves (1 serve)	• See recipe on page EN-34.	2&3

Dessert

Menu number	Menu name	Weight range (Increasing unit)	Procedure	Food Position
St51	**Steam Cake** (initial temp 20°C)		• See recipe on page EN-35.	2
St52	**Steam Pumpkin** (initial temp 20°C)		• See recipe on page EN-35.	2
St53	**Custard Pudding** (initial temp 20°C)		• See recipe on page EN-35.	2&3

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AUTOMATIC COOKING CHART

Steam Menu Guide

Steam Reheat

Menu number	Menu name	Weight range (Increasing unit)	Procedure	Food Position
St61	**Shao Mai** (initial temp -18°C) (Frozen)	0.10 - 0.25 kg (50g) (1 piece: 10-15g)	• Place shao mai on the steam tray on the glass tray uncovered. • Place them on the lower position (position 2).	2
St62	**Dumpling** (initial temp -18°C) (Frozen)	0.1 - 0.5 kg (100g) (1 piece: 25-50g)	• Place dumpling on the steam tray on the glass tray, uncovered. • Place them on the lower position (position2). **Note:** For big dumpling (1piece=50g), press **More** pad before pressing start.	2
St63	**Vegetable/ Meat Buns** (initial temp -18°C) (Frozen)	1 - 4 pieces (1 piece: 70g)	• It is not necessary to enter weight. • Place vegetable/meat buns on the steam tray, uncovered. • Place the steam tray on upper position (position3) and the glass tray without food on the lower position (position 2).	2&3

RICE/EGG

Sticky Rice

[Ingredients]
300 g Glutinous rice
270 g Water

Salt, Soy sauce, Sugar,
Sesame oil to taste.

[Method]
1. Place rice and water in a 20cm (8") square shallow dish and soak rice for 1 hour.
2. Place the dish on the steam tray on the glass tray.
3. Place them on the lower position (position 2) uncoverd.
4. Cook using Steam Menu, Rice/Egg, St12 (Sticky Rice).
5. After cooking, stir lightly and serve with some cooked meat.

Steamed Egg

[Ingredients]
<4 serves>
120 g Egg
240 g Water
10 g Sake
4 g Salt
Light soy sauce to taste

[Method]
1. Blend water, sake, salt, light soy sauce and eggs; beat lightly.
2. Strain beaten mixture from (1) into a shallow dish (approx. 1.5pint) or 4 serving bowls (4½ inches in diameter).
3. Place the dish on the steam tray on the glass tray.
4. Place them on the lower position (position 2) uncovered.
5. Cook using Steam Menu, Rice/Egg, St13 (Steamed Egg).

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AUTOMATIC COOKING CHART

BALANCED MENU

Corn Butter & Steam Spring Roll

<Steam spring roll>

Ingredients		1 serve (2 rolls)	2 serves (4 rolls)	3 serves (6 rolls)	4 serves (8 rolls)
Noodle Sheet		125 g (or 2 sheets)	250 g (or 4 sheets)	375 g (or 6 sheets)	500 g (or 8 sheets)
Bean sprouts (cut with long shape and boiled)		50 g	100 g	150 g	200 g
Carrot (cut with long shape and boiled)		50 g	100 g	150 g	200 g
A	Mushrooms (cut with long shape)	50 g	100 g	150 g	200 g
	Chopped chicken	50 g	100 g	150 g	200 g
	Dried shrimp	7 g	13 g	20 g	25 g
	Hard Tohu (slice to small pieces)	50 g	100 g	150 g	200 g
	Pounded Parsley and Garlic	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
	Pepper	¼ tsp	½ tsp	¾ tsp	1 tsp
B	Oyster sauce	1 tbsp	2 tbsp	3 tbsp	4 tbsp
	Soy sauce	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
	Chinese herb	to taste	to taste	to taste	to taste
	Sugar	to taste	to taste	to taste	to taste

<Corn butter>

Ingredients	1 serve	2 serves	3 serves	4 serves
Corn	50 g	100 g	150 g	200 g
Margarine	1 g	2.5 g	3 g	5 g
Sugar	¾ tbsp	1½ tbsp	2 tbsp	3 tbsp
Salt	to taste	to taste	to taste	to taste
Fresh milk	¼ tbsp	½ tbsp	¾ tbsp	1 tbsp

NOTE : Sauce for spring roll

The sweet black soy sauce	3 tbsp
Water	3 tbsp
Sugar	2 tbsp
Vinegar	2 tbsp
Salt	1 pinch
Slice chilli	

[Cooking]

1. Put the ingredients (A) in a bowl, place it on the oven floor (position 1) and cook with Microwave 100% for 2-5 minutes. Add seasoning (B) and cook again with Microwave 100% for 1-2 minutes.
2. Add boiled bean sprouts and carrots in (1).
3. If pure noodle sheet is used, soak noodle in water and put them on the steam tray on the glass tray. Place them in the lower position (position 2) and cook with Steam High for 20 minutes. After steaming, cut into pieces.
4. Roll tightly (3) with steamed noodle.
5. Place spring rolls on the greased steam tray on the glass tray. Put them on the lower position (position 2).
6. Place corn on another steam tray and put it on the upper position (position 3).
7. Cook using Steam Menu, Balanced Menu, St41 (Corn Butter & Steam Spring Roll).
8. After cooking, place corn in a bowl and mix with margarine, sugar, salt and fresh milk and mix well. Mix all the sauce ingredients for spring rolls well and serve with spring rolls.

Fresh Vegetables & Steam Chicken Wings

<Steam chicken wings>

Ingredients		1 serve	2 serves	3 serves	4 serves
Chicken wings (60 g/1 piece)		150 g	300 g	450 g	600 g
A	Oyster sauce	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
	Honey	1 tbsp	2 tbsp	3 tbsp	4 tbsp
	Pepper	to taste	to taste	to taste	to taste
	Salt	¼ tsp	½ tsp	¾ tsp	1 tsp
	Soy sauce	¼ tsp	½ tsp	¾ tsp	1 tsp

<Fresh vegetables>

Ingredients	1 serve	2 serves	3 serves	4 serves
Broccoli (florets), Carrot (thin sliced), Red/yellow peppers (strips), Asparagus (strips)	150 g	300 g	450 g	600 g

[Cooking]

1. Mix seasoning (A) and marinate chicken wings for 1 to 2 hours.
2. Place Chicken wings on the steam tray on the glass tray. Put them on the lower position (position 2).
3. Arrgane vegatables on the steam tray and put it on the upper position (position 3)
4. Cook using Steam Menu, Balanced Menu, St42 (Fresh Vegetables & Steam Chicken Wings).

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AUTOMATIC COOKING CHART

DESSERT

Steam Cake

[Ingredients]
<For 10 cups>

2	Egg
100 g	Sugar
2 tbsp	Oil
150 ml	Milk
200 g	Flour
½ tbsp	Baking powder
60 g	raisan

[Method]
1. Beat the oil, sugar and eggs together, then add milk.
2. Stir in flour and baking powder. Add raisan and mix.
3. Put cake mixuture evenly in 10 small tins (3.5cm deep, 7.5cm diameter) with greaseproof paper.
4. Place tins on the steam tray on the glass tray.
5. Place them on the lower position (position 2) uncovered.
6. Cook using Steam Menu, Dessert, St51 (Steam Cake).

Note:
Chocolate steam cake
Add 1 tbsp cocoa powder together with flour and 50 g chocolate chips instead of raisan.

Steam Pumpkin

[Ingredients]
<1 whole>

1.2 kg	Whole pumpkin
¼ cup	Coconut milk
1	Egg
2	Duck eggs
150 g	Palm sugar
2-3	Pandanus leaves

[Method]
1. Make a hole on the top of the pumpkin. And scoop out pumpkin seeds up.
2. Stir both kinds of egg in the bowl, and add coconut milk.
3. After mix eggs and coconut milk then add palm sugar.
4. Add pandanus leaves then knead by hand to let smell of pandanus come out.
5. Pour finished mixer through the filter to get rid of bubble
6. Pour egg custard into pumpkin.
7. Place the pumpkin on the steam tray on the glass tray.
8. Place them on the lower position (position 2) uncovered.
9. Cook using Steam Menu, Dessert, St52 (Steam Pumpkin).
10. When the oven stops, the audible signals sound and WATER indicator flashes on and off, take the water tank out and refill water to the max mark. Place the water tank again and press start. Do not open the door at a pause.
11. Check the doneness after cooking and extend cooking time if necessary. Cool before cutting.

Custard Pudding

[Ingredients]
<For 4 cups>

2	Egg
1	Egg yolk
300 ml	Milk
2-3 drops	Vanilla essence
30 g	sugar

Caramel sauce

100 g	sugar
4 tbsp	water

[Method]
1. For the caramel, dissolve the sugar in the water, stirring continuously. Bring to the boil without sttirring until a goldyellow caramel forms.
2. Coat the base of 4 ramekin dishes (4cm deep, 8.5cm diameter) with the caramel. Allow to cool.
3. Warm the milk for 1 minute on 100% Microwave power.
4. Whisk the eggs and egg yolk with the sugar.
   Pour the milk into the eggs and mix well.
5. Fill each ramekin with the milk mixture.
6. Place the dishes in the steam tray, and place the tray on the upper position (position 3). Place the glass tray without food on the lower position. (position 2)
7. Cook using Steam Menu, Dessert, St53 (Custard Pudding).
8. After cooking, allow to cool before serving.

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AUTOMATIC COOKING CHART

Auto Grill Guide

Menu number	Menu name	Weight range (Increasing unit)	Procedure	Food Position
AG1	**Grill Chicken** (initial temp 5°C)	0.9 - 2.0 kg (100g)	• Wash chicken, trim away fat and pat dry. • Season with 1 teaspoon of salt, 1 tablespoon of soy sauce, 1 teaspoon cornstarch and 1 teaspoon sugar per 500g. • Put chicken breast side down on the rack in the glass tray. • Place it on the oven floor (position 1). • When the oven stops and the audible signals sound, turn the chicken over. • After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes.	1
AG2	**Chicken Wings** (initial temp 5°C)	4 - 12 pieces (1 piece: 40 g)	• Wash the chicken wings, pierce the skin, pat dry and marinate with the sauce mixture. Marinate with 1 teaspoon of salt, 1 tablespoon of soy sauce, 1 teaspoon of cornstarch and 1 teaspoon of sugar per 12 pieces. • Arrange chicken wings on the rack in glass tray. • Place it on the lower position (position 2). • When the oven stops and the audible signals sound, turn the chicken over. • After cooking, place on a dish and serve.	2
AG3	**Grill Fish** (initial temp 8-12°C) eg: Pomfret, Golden Thread, Mackerel, Snapper etc.	0.2 - 0.4 kg (100g)	• Wash fish thoroughly and remove scales. • Make a few slits on the skin of fish, pierce the eyes of fish. • Pat dry, then brush oil on fish body. • Place on the rack in glass tray (brushed lightly with oil), uncovered. • Place it on the lower position (position 2). • When oven stops, turn it over. Continue to cook. **NOTE:** When cooking small amount or thin slices of fish, it is recommended to check occasionally during cooking to avoid overcooking.	2
AG4	**Steak (Beef Steak)** (initial temp 8-12°C) (1 - 1.5 cm thick)	0.2 - 0.6 kg (100g)	• Steak is recommended to have a thickness of about 1.5 cm to get good result. • Season as desired. • Place on the rack in glass tray. • Place it on the upper position (position 3). • When oven stops, turn steak over. • After cooking, stand. • Serve with hot sauce where necessary. **NOTE:** If steak is more than 1.5cm thick, cook manualy with Grill and place it in the lower position (position 2). See page on EN-39.	3

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AUTOMATIC COOKING CHART

Auto Reheat Guide

Menu number	Menu name	Weight range (Increasing unit)	Procedure
AR1	**Reheat Dish** (initial temp 4-12°C) eg: Lunch/Dinner plate, Meat Dish, Fried Noodles, Plate of Rice	1 serve (approx. 200g)	• Take out the dish from the refrigerator. • Cover with microwave wrap or lid. • No need to enter quantity. • Place on centre of oven floor (position 1). • After reheating, stir and stand covered for 1 minute.
AR2	**Reheat Soup** (initial temp 4-12°C)	1 - 4 bowls (1 bowl: approx. 250 ml)	• Place in a Pyrex bowl or Chinese ceramic bowl. • No cover. • Place on centre of oven floor (position 1). • After reheating, stir.
AR3	**Reheat Beverage** (initial temp 20-25°C)	1 - 4 cups (1 cup: approx. 250 ml)	• No cover. • Place on centre of oven floor (position 1). • After reheating, stir.

Auto Defrost Guide

Menu number	Menu name	Weight range (Increasing unit)	Procedure
dE1	**Steak/Chops** (initial temp -18°C)	0.2 - 1.0 kg (100g)	• Place the food on a plate or flan dish on the centre of the oven floor (position1). • When the oven stops and the audible signals sound, turn the food over, rearrange and separate if possible. If necessary shield thin parts and warm spots with aluminium foil. • After defrosting, wrap in aluminium foil for 10-20 minutes, until thoroughly defrosted. • See NOTES below.
dE2	**Minced Meat** (initial temp -18°C)	0.2 - 1.0 kg (100g)	• Place the block of minced meat on a plate or in a flan dish on the centre of the oven floor (position 1). • When the oven stops and the audible signals sound, turn the food over. Remove the defrosted parts if possible. • After defrosting, cover with aluminium foil and stand for 5-10 minutes until thoroughly defrosted. • See NOTES below.
dE3	**Poultry** (initial temp -18°C) Only poultry without giblets is recommended for this programme	0.9 - 2.0 kg (100g)	• Place the poultry, breast side down, on a flan dish or a plate on the centre of the oven floor (position 1). • When the oven stops and the audible signals sound, turn over and shield thin parts and warm spots with small pieces of aluminium foil. • When the audible signals sound again, turn over again. • After defrosting rinse with cold water, cover with aluminium foil and stand for 30-60 minutes until thoroughly defrosted. Finally clean the poultry under running water.

Foods not listed in the Guide can be defrosted manually using 30% microwave power level setting.

NOTES:

1. Steaks and chops should be frozen in one layer.
2. Minced meat should be frozen in a thin shape.
3. If shielding is necessary for defrosted portions, use small, flat pieces of aluminium foil.
4. The poultry should be processed immediately after defrosting.

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MANUAL COOKING CHART

Steam High Chart

Use glass tray and steam tray

Food			Amount	Oven Setting	Cooking Time	Food Position
SEAFOOD	Fish Fillets (½ Inch Thick)		800g	Steam High	21 minutes	2
	Mussels, In Shell		900g	Steam High	20 minutes	2
	Scallops		500g	Steam High	10 minutes	2
	Prawn, Large		500g	Steam High	14-16 minutes	2
POULTRY	Chicken Breast, Half		1kg	Steam High	30 minutes	2
DUMPLINGS	Frozen Dumplings		500g	Steam High	16 minutes	2
VEGETABLES	Asparagus Spears (halved)		500g	Steam High	21 minutes	2
	Beans (top and tailed)		500g	Steam High	21 minutes	2
	Bok Choy (chopped)		500g	Steam High	7-9 minutes	2
	Broccoli Florets		500g	Steam High	21 minutes	2
	Brussels Sprouts (halved)		500g	Steam High	25 minutes	2
	Cabbage (shredded)		500g	Steam High	16 minutes	2
	Carrots, Sliced		500g	Steam High	21 minutes	2
	Cauliflower Florets		500g	Steam High	21 minutes	2
	Corn on the Cob (4 small)		500g	Steam High	21 minutes	2
	Mushrooms, Button (whole)		500g	Steam High	16 minutes	2
	Peas (top and tailed)		500g	Steam High	16 minutes	2
	Snow Peas (top and tailed)		250g	Steam High	8 minutes	2
	Potatoes	Quartered	500g	Steam High	25 minutes	2
		Baby Potatoes, Chat	500g	Steam High	30 minutes	2
	Pumpkin (2cm cubes)		500g	Steam High	30 minutes	2
	Spinach (shredded)		250g	Steam High	10 minutes	2
	Sweet Potato (20g slices)		500g	Steam High	25 minutes	2
	Yellow Squash (quartered)		500g	Steam High	20-22 minutes	2
	Zucchini (sliced or quartered)		500g	Steam High	16 minutes	2
RICE	White Rice	½ Cup with ½ Cup Water	—	Steam High	25 minutes	2
		1 Cup with 1 Cup Water	—	Steam High	30 minutes	2
PASTA	Dry Pasta	½ Cup with ½ Cup Water	—	Steam High	25 minutes	2
		1 Cup with 1 Cup Water	—	Steam High	30 minutes	2

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MANUAL COOKING CHART

Grill Mix Cooking Chart

Use glass tray and rack

Food		Amount	Cooking Time and Procedure	Standing Time	Food Position	Result
BEEF	Blade Roast	1kg	Micro 70% for 8 minutes Grill Mix High for 9 minutes TURN OVER Micro 70% for 3 ½ minutes Grill Mix High for 9 minutes	10 minutes	1	Medium
	Eye Fillet	1kg	Micro 70% for 8 minutes Grill Mix High for 9 minutes TURN OVER Micro 70% for 3 ½ minutes Grill Mix High for 9 minutes	10 minutes	1	Medium
	Hamburger Patties* (1cm thick)	4 Patties (500g)	Grill for 9 minutes TURN OVER Grill for 7 minutes	5 minutes	3	Well Done
	Steaks (T-Bone, Rib Eye, Sirloin)	800g	Grill for 12 minutes TURN OVER Grill for 14 minutes	10 minutes	2	Medium/ Well Done
PORK	Boneless Pork Loin Roast **	1kg	Micro 70% for 12-15 minutes Grill for 5-7 minutes TURN OVER Micro 70% for 8-10 minutes Grill for 3-5 minutes	10 minutes	1	Well Done
POULTRY	Chicken Breast (Half)	1kg	Grill for 15 minutes TURN OVER Grill for 20 minutes	10 minutes	2	Well Done
	Whole Chicken	900g	Micro 100% for 1 minute Grill Mix High for 12 minutes 20 seconds TURN OVER Grill Mix High for 12 ½ minutes	5 minutes	1	Well Done
	Chicken Legs	500g	Grill Mix High for 5 minutes Grill for 6 ½ minutes TURN OVER Grill Mix High for 5 minutes Grill for 5 minutes	7 minutes	2	Cooked Through
SAUSAGE	Regular	600g	Grill Mix High for 3 minutes Grill for 8 ½ minutes TURN OVER Grill Mix High for 2 ½ minutes Grill for 6 minutes 10 seconds	5 minutes	2	Cooked Through
SEAFOOD	Fish Steak (i.e. Salmon)	1kg	Grill for 15 minutes TURN OVER Grill for 10 minutes	5 minutes	2	Cooked Through, Moist, Flakes Easily
	Large Prawns (on skewers)	500g	Grill for 10 minutes TURN OVER Grill for 14 minutes	2 minutes	2	Opaque, Moist

* No more than 1cm thick to ensure that the hamburgers will not burn on the grill

** The cooking of only 1kg of pork is allowed. No larger pieces are accepted due to the dangers of smoke and oil splatter. For cooking fatty meat like pork or lamb, don't use Grill Mix mode to prevent from smoke and oil splatter.

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MANUAL COOKING CHART

Reheating and Defrosting Convenience Food Chart

Food	Amount	Oven setting and Cooking Time	Procedure	Standing Time
BEVERAGE	1 Cup	Microwave 100% for 2 minutes	Microwave safe mug. Stir halfway through and after heating	—
	2 Cups	Microwave 100% for 4 minutes		
CANNED FOOD	1 Cup	Microwave 100% for 2 minutes	Place food in a small microwave safe casserole dish. Cover with plastic wrap. Stir before serving	2 minutes
	2 Cups	Microwave 100% for 3 ½ minutes		
CANNED SOUP	1 Cup	Microwave 100% for 2 minutes	Place soup in a small microwave safe bowl. Stir after heating.	—
	2 Cups	Microwave 100% for 3 ½ minutes		
MEAT PIE	1 Pie	Microwave 50% for 2 minutes then Grill for 4 minutes	Place pie/s between 2 pieces of paper towel for Microwave then on the grill rack with the glass tray in lower position (positon 2) for Grill	3 minutes
	4 Pies	Microwave 50% for 6 minutes then Grill for 6 minutes		
FROZEN PASTA DINNER	300-500g	Microwave 100% for 6 minutes then Microwave 50% for 5 minutes then Grill for 4 minutes	Remove from foil container and place on a small heat resistant glassware dish (eg. Pyrex) for Microwave, then move the dish onto the grill rack with the glass tray in lower position (positon 2) for Grill	3 minutes
CROISSANTS	1	Microwave 30% for 1 minute	Place between 2 pieces of paper towel	—
	2	Microwave 30% for 1 ½ minutes		
FRUIT PIE (INDIVIDUAL)	1	Microwave 50% for 1 ½ minutes then Grill for 4 minutes	Remove from foil container and place on the oven floor (position 1) for Microwave then on the grill rack with the glass tray in lower position (positon 2) for Grill	—
	2	Microwave 50% for 1 ½ minutes then Grill for 4 minutes		
DANISH PASTRY	400g	Microwave 70% for 4 ½ minutes then Grill for 5 minutes	Remove from foil container and place on a microwave safe plate for the Microwave function then on the grill rack with the glass tray in lower position (positon 2) for the Grill position	3 minutes

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MANUAL COOKING CHART

Microwave: Frozen Vegetable Chart

1. Place vegetables in a medium/large microwave safe bowl and cover with plastic wrap. Place on the oven floor (position1).
2. Allow to stand for 2 minutes before draining any water and serving.

Food		Amount	Cooking Time (100%)	Procedure
Beans (green, cut)		500 g	9 minutes	
Broccoli		500 g	8-8½ minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Carrots	(whole)	500 g	10 minutes	Stir halfway through.
	(sliced)	500 g	9 minutes	
Cauliflower		500 g	9 minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Corn (on the Cob)		4 Pieces/500g	8 minutes	
Peas (green)		500 g	9 minutes	
Spinach		250 g	6 minutes	Break apart as soon as possible.
Mixed Vegetables (i.e. carrots, beans and corn kernals)		500 g	10-11 minutes	Break apart as soon as possible.

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MANUAL COOKING CHART

Microwave: Fresh Vegetable Chart

1. Cover each dish with plastic wrap. Place on the oven floor (position1).
2. Drain any remaining water after standing before serving.

Food	Amount	Cooking Time (100%)	Procedure
Asparagus (halved)	500g	3 ½ minutes	Place in a shallow microwave safe dish. Cover. Stand for 3 minutes
Beans (top and tailed)	500g	5 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 5 minutes
Broccoli (uniform florets)	500g	5 minutes	Place in a shallow casserole dish. Cover. Stand for 3 minutes
Brussels Sprouts	500g	8 minutes	Place in a shallow casserole dish. Cover. Stand for 3 minutes
Cabbage (shredded)	500g	8 minutes	Place in a shallow casserole dish with 2 tablespoons of water. Cover. Stand for 3 minutes
Carrots (sliced)	500g	5 minutes	Place in a shallow microwave safe dish. Cover. Stand for 3 minutes (cook longer for less crunch)
Cauliflower (uniform florets)	500g	6-7 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Corn on the Cob	2 pieces	8 minutes	Place in a shallow casserole dish with ¼ cup of water. Cover. Stand for 3 minutes
	4 pieces	16 minutes	Place in a shallow casserole dish with 1/3 cup of water. Cover. Stand for 5 minutes
Mushrooms (whole)	500g	5 minutes	Place in a shallow casserole dish with 2 tablespoons of butter. Cover. Stand for 3 minutes
Peas (green; top and tailed)	500g	5 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 2 minutes
Potatoes – Jacket (Baby Chat)	4 pieces	6 minutes	Pierce with a fork. Stand for 3 minutes
Pumpkin (2cm cubes)	500g	10 minutes	Place in a shallow casserole dish. Cover. Stand for 2 minutes
Spinach (shredded)	500g	8 minutes	Place in a shallow casserole dish with 2 tablespoons of water. Cover. Stand for 3 minutes
Snow Peas (top and tailed)	500g	4 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 3 minutes (cook longer for less crunch)
Squash (whole)	500g	5 minutes	Pierce with a fork. Place in a shallow casserole dish. Cover. Stand for 3 minutes
Sweet Potato (2cm cubes)	500g	8 minutes	Place in a shallow casserole dish with ½ cup of water. Cover. Stand for 5 minutes
Zucchini (sliced or quartered)	500g	4 minutes	Place in a shallow casserole dish with 1 tablespoon of water and 1 tablespoon of butter. Cover. Stand for 3 minutes

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MANUAL COOKING CHART

Microwave: Defrost Times for Meat, Poultry, Seafood and Bread

1. Remove wrapping and place frozen item on a shallow microwave safe defrosting dish with rack (a microwave safe defrosting rack). Shield with aluminum foil to prevent the item from cooking while defrosting.
2. Defrost by following the steps in the “Microwave Time” column.
3. When turning over, re-shield the item so it continues to defrost without cooking.

Food			Oven Setting and Cooking Time	Procedure	Standing Time
BEEF	Roast (1kg)		Micro 30% for 6 minutes Micro 10% for 8 ½ minutes TURN OVER AND SHIELD Micro 30% for 2 ½ minutes Micro 10% for 8 minutes	Turn over at the end of second Microwave setting (8 ½ minutes on 10%)	30 minutes
	Steak (500g)		Micro 30% for 2 ½ minutes Micro10% for 1 minute 50 seconds TURN OVER AND SHIELD Micro 30% for 1 minute 50 seconds Micro 10% for 2 minutes	Turn over at the end of second Microwave setting (1 minute 50 seconds on 10%)	10 minutes
	Mince (500g)		Micro 50% for 3 ½ minutes TURN OVER AND SHIELD Micro 30% for 4 ½ minutes	Turn over after first Microwave setting (3 ½ minutes on 50%). Remove defrosted meat and leave aside (add on completion of defrosting)	10 minutes
LAMB	Roast (1kg)		Micro 30% for 6 minutes Micro 10% for 8 ½ minutes TURN OVER AND SHIELD Micro 30% for 2 ½ minutes Micro 10% for 8 minutes	Turn over at the end of second Microwave setting (8 ½ minutes on 10%)	30 minutes
	Shoulder (1kg)		Micro 30% for 6 minutes Micro 10% for 8 ½ minutes TURN OVER AND SHIELD Micro 30% for 2 ½ minutes Micro 10% for 8 minutes	Turn over at the end of second Microwave setting (8 ½ minutes on 10%)	30 minutes
	Chops (500g)		Micro 30% for 2 ½ minutes Micro10% for 1 minute 50 seconds TURN OVER AND SHIELD Micro 30% for 1 minute 50 seconds Micro 10% for 2 minutes	Turn over at the end of second Microwave setting (1 minute 50 seconds on 10%)	10 minutes
POULTRY	Chicken – Whole (1kg)		Micro 30% for 5 ½ minutes Micro10% for 4 minutes TURN OVER AND SHIELD Micro 30% for 4 minutes Micro 10% for 7 minutes 10 seconds	Turn over at the end of second Microwave setting (4 minutes on 10%)	30 minutes
	Chicken Pieces (500g)		Micro 30% for 3 minutes Micro10% for 4 minutes TURN OVER AND SHIELD Micro 30% for 1 minute 10 seconds Micro 10% for 4 minutes	Turn over at the end of second Microwave setting (4 minutes on 10%)	15 minutes
SEAFOOD	Scallops (500g)		Micro 30% for 3 ½ minutes TURN OVER AND SEPARATE Micro 30% for 3 minutes	Turn over at the end of first Microwave setting (3 ½ minutes on 30%). Separate scallops	5 minutes
	Prawns – Whole (500g)		Micro 30% for 3 minutes TURN OVER AND SEPARATE Micro 30% for 3 minutes	Turn over at the end of first Microwave setting (3 minutes on 30%). Separate prawns	5 minutes
BREAD	Slices	2	40 seconds on Micro 30%	(defrost rack not required) Place bread between 2 pieces of paper towel. Place directly on oven floor (position 1).	—
		4	50 seconds on Micro 30%		
	Rolls	1	40 seconds on Micro 30%	(defrost rack not required) Place bread between 2 pieces of paper towel – additional 30 seconds for every other roll. Place directly on oven floor (position 1).	—
		2	1 minute 10 seconds on Micro 30%		

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RECIPES

CRABS IN GREEN ONIONS

Ingredients

1 kg	Crabs
1	Chili Pepper
2 slices	Ginger
1 stalk	Green Onion
1 tsp	Sesame Oil

Procedure

1. Clean crabs thoroughly and cut into pieces, then arrange on a platter.
2. Add in sliced chili pepper, sesame oil and ginger, sprinkle water on crabs.
3. Place the platter on the steam tray on the glass tray. Place all on the lower position (position 2) and cook using Steam High, and for 20 minutes.

GARLIC PRAWN

Ingredients

300 g	Prawns (with shells)

Garnish

4 cloves	Garlic (chopped)
1 stalk	Green Onion (diced)
½ tsp	Salt
2 tsp	Oil

Procedure

1. Mix all the garnishes well and reserve for later use.
2. Cut the prawns from the belly into halves and lay flat on a dish.
3. Put the garnish onto the prawns, place the dish on steam tray on the glass tray. Place all on the lower position (position 2) and cook using Steam High, and for 14-15 minutes.

SHRIMP DUMPLINGS

Ingredients

600 g	Shrimps
30 g	Bamboo Shoot
150 g	Wheat Flour
3 tbsp	Tapioca Flour

Seasonings

1 tsp	Salt
1 tsp	Sugar
2 tbsp	Cornstarch
1 tsp	Sesame Oil
	Pepper to taste

Procedure

1. Preparation -
   a) Shrimps - remove shells, marinate with salt (1 tsp), then rinse and pat dry.
   b) Bamboo shoots - cut into shreds and put it in a bowl, then marinate with salt (½ tsp) and water (120 ml). Place it on the steam tray on the glass tray. Place them in the lower position (position 2) and cook using Steam High, and for 8-10 minutes. Drain well.
   c) Dough - pour boiling water (250 ml) into wheat and tapioca flour and blend well with a rolling pin. Then knead the dough into rod shape on a flour board and cut dough to around 10g each. Flatten it with a scraper into round shape.
2. Mix the treated shrimps and bamboo shoots and seasonings well. Gradually add in extra cornstarch until it turns gluey.
3. Take a flattened round pastry and fold in 2 tsp of mixed ingredients from (2).
4. Gather pastries at the end and pleat it with fingers to make a nice dumplings.
5. Make 30 dumplings. Grease the two steam trays with oil and place dumplings on two steam trays evenly. Brush dumplings with oil and spray with water.
6. Place the one steam tray on the upper position (position 3). Place the other steam tray with the glass tray on the lower position (position 2) and cook using Steam High, and for 20 minutes.

STEAMED WHOLE FISH

Ingredients

200 g	Fish
	Ginger slices
	Green Onion slices

Procedure

1. Wash the fish, remove its scales and make several slits on it.
2. Place the fish on a plate and sprinkle lightly with water, salt and oil. Scatter ginger and green onion slices on top.
3. Place the dish on the steam tray on the glass tray. Place them on the lower position (position 2) and cook using Steam High, and for 27-28 minutes.

Note: Exact cooking time will depend on the kinds and shape of fish.

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RECIPES

STUFFED CLAMS

Ingredients

8	Clams (in shells)
40 g	Ground Chicken
1 tsp	Wine
1 tsp	Soya Sauce
1 tbsp	Green Onion (diced)
½	Egg (beaten)
1½ tbsp	Cornflour
¼ tsp	Ginger Juice
¼ tsp	Sugar
½ tsp	Salt

Procedure

1. Soak clams in salt water to remove sand. Clean clams thoroughly by rubbing shells against each other.
2. Place clams on the steam tray on the glass tray. Put them in the lower position (position 2). Cook using Steam High, and for 10 minutes or until clams open.
3. Mix other ingredients together and divide into 8 portions.
4. Stuff one portion into each empty half-shell.
5. Arrange all 16 half-shells on a platter. Place the platter with the the steam tray on the glass tray on the lower position (position 2). Refill the water tank to MAX mark and cook using Steam High, and for 14-16 minutes. Serve hot.

BEEF DUMPLINGS

Ingredients

330 g	Minced Beef
60 g	Fat
4	Water Chestnut
2	Lemon Leaves
1 stalk	Chinese Parsley

Seasonings

½ tsp	Baking Powder
2 tbsp	Tapioca Flour
¼ tsp	Lime Water
1 tsp	Salt
1 tsp	Sugar
½ tsp	Sesame Oil
2 tbsp	Oil
¼ cup	Water
	Pepper to taste

Procedure

1. Preparation -
   a) Water chestnut - cut into very small dices.
   b) Lemon leaves - remove veins and chop into fine shreds.
   c) Chinese parsley - chop into fine shreds.
2. Marinate all ingredients with seasonings for 30 minutes, then knead well until firm.
3. Take out around 1½ tbsp of the mixed ingredients from (2) and make into balls.
4. Put beef balls onto a greased plate (27 cm in diameter). Brush dumplings with oil and spray with water.
5. Place the plate on the steam tray on the glass tray. Place them on the lower position (position 2), and cook using Steam High, and for 25 to 28 minutes.

CHICKEN PIECES WITH MUSHROOMS

Ingredients

280 g	Chicken pieces
40 g	Dried Mushrooms (soaked, drain well)
	Ginger slices
	Green Onion slices

Seasonings

½ tsp	Salt
½ tsp	Sugar
1 tsp	Light Soy Sauce
½ tsp	Cornstarch
½ tsp	Sesame Oil

Procedure

1. Marinate the chicken pieces and soaked mushrooms with seasonings for 30 minutes. Then mix together with ginger and green onion slices and put on a plate.
2. Place it on the steam tray on the glass tray. Place them on the lower position (position 2) and cook using Steam High, and for 25 minutes.

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RECIPES

MIXED INGREDIENTS DUMPLINGS

Ingredients

40 g	Shrimps
150 g	Minced Pork
60 g	Barbecued Pork
2	Mushrooms (soaked)
40 g	Carrot (shredded)
4	Water Chestnuts
1 stalk	Chinese Parsley (shredded)
1¼ cup	Wheat Flour
1 cup	Tapioca Flour

Seasonings

½ tsp	Salt
½ tsp	Sugar
1 tsp	Cornstarch
	Pepper to taste
	Wine to taste
few	Sesame Oil

Procedure

1. Preparation -
   a) Shrimps - remove shells, marinate with salt (1 tsp), then rinse and pat dry.
   b) Cut barbecued pork, mushrooms and water chestnuts into smaller dices.
   c) Dough - pour boiling water (250 to 300 ml) into wheat and tapioca flour and blend well with a rolling pin. Then knead the dough into rod shape on a flour board and cut dough to around 15g each. Flatten it with a scraper into round shape.
2. Mix all the prepared ingredients with seasonings.
3. Take a flattened round pastry and fold in 1 tbsp of mixed ingredients. Do not pleat both ends, but allow steam to escape.
4. Make 20 dumplings. Grease the two steam trays with oil and place dumplings on two steam trays evenly. Brush dumplings with oil and spray with water.
5. Place the one steam tray on the upper position (position 3). Place the other steam tray with the glass tray on the lower position (position 2) and cook using Steam High, and for 20 minutes.

SHAO MAI

Ingredients

350 g	Minced Chicken
200 g	Shrimps
28 to 32 pcs	Wanton Wrap

Seasonings

1 tsp	Salt
½ tsp	Sugar
2 tbsp	Cornstarch
1 tsp	Sesame Oil
¼ tsp	Chicken Powder
	Pepper to taste

Procedure

1. Remove shells from shrimps and marinate with salt (½ tsp), then rinse and pat dry.
2. Mix treated shrimps, minced chicken with seasonings well. Gradually add in extra cornstarch until it turns gluey.
3. Take out 2 tsp of mixed ingredients and fold into a wanton wrap.
4. Make 30 dumplings. Grease the two steam trays with oil. Place dumplings on two steam trays evenly. Brush dumplings with oil and spray with water.
5. Place the one steam tray on the upper position (position 3). Place the other steam tray with the glass tray on the lower position (position 2) and cook using Steam High, and for 20 minutes.

THAI SPICY MINCED CHICKEN (LARB MOO)

Ingredients

300 g	Minced Chicken
3 to 4 pcs	Peppermint Leaves
(A)	
2 tbsp	Crispy Roasted Rice (ground)
3 tbsp	Lime Juice
2 tbsp	Fish Sauce
1 tbsp	Dried Chili (crushed)
½ tsp	Chili Powder
(B)	
2 tbsp	Shallot (chopped)
few	Spring Onion (thinly sliced)

Procedure

1. Put the minced chicken in the casserole. Place the casserole with the steam tray on the glass tray on the lower position (position 2), and cook using Steam High, and for 20 minutes, then stir well.
2. Drain and add in (A), mix well together. Refill the water tank to MAX mark and cook again using Steam High, and for 15-20 minutes. Then add in (B) and stir well again.
3. Put the mixture on a serving plate and put the peppermint leaves on top.
4. Serve with fresh vegetables (cabbage or string beans).

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RECIPES

CHAWANMUSHI

Ingredients

7 g	Mushrooms (soaked, cut into halves)
60 g	Prawns (remove shells and veins)
20 g	Fish Cake (cut at an angle)
80 g	Chicken Breast (cut into cubes)
400 ml	Cold Dashi Soup
4	Eggs
½ tbsp	Light Soya Sauce
½ tsp	Salt
2 tsp	Mirin
1 stalk	Chinese Parsley

Procedure

1. Blend dashi soup, light soya sauce, salt, mirin and eggs; beat lightly.
2. Arrange chicken cubes, fish cake, mushrooms and prawns into 4 serving bowls. (4 ½ inches in diameter)
3. Strain beaten mixture from (1) into prepared ingredients in (2).
4. Use a teaspoon to scoop out excess bubbles from the surface of mixture.
5. Place the 4 bowls on the steam tray on the glass tray. Place it on the lower position (position 2) and cook using Steam High, and for 20 minutes.
6. Let it stand for 5 minutes. Garnish with parsley and serve.

DAIKON CAKE

Ingredients

175 g	Daikon
175 g	Rice Flour
3	Black Mushrooms
1	Chinese Sausages
14 g	Dried Shrimps
350 g	Hot Water
few	Coriander
few	Salt / few Oil

Seasonings

2/3 tsp	Salt
2 tbsp	Oil
pinch of	Pepper

Procedure

1. Scrape the daikon into shreds and mix with seasonings in a bowl.
2. Place the bowl on the the steam tray on the glass tray. Place it on the lower position (position 2) and cook using Steam High, and for 15-20 minutes.
3. Cut the chinese sausages into dices. Soak the dried shrimps and black mushrooms until soften, then cut into smaller pieces.
4. Dilute the rice flour with hot water, then stir in oil (1 tbsp), salt (2 tsp) and all prepared ingredients from above. Mix thoroughly.
5. Put the mixture into an oil-brushed 20cm(8") square tin. Place the tin on the steam tray on the glass tray on the lower position (position 2) and cook using Steam High, and for 35 minutes.
6. After cooking garnish with coriander on top and let stand with cover before serve.

Note: If the centre is not well cooked, refill the water tank to MAX mark and extend cooking for another 5-10 minutes.

MIXED BERRY CUSTARD

Ingredients

150 g	frozen mixed berries, thawed and pushed through a sieve to form a puree
1 cup	full cream milk
1 cup	condensed milk
4	eggs, lightly whisked
2	egg yolks
1/3 cup	caster sugar
2 tsp	icing sugar, to garnish
100 g	frozen mixed berries, thawed to garnish

Procedure

1. In a large microwave safe bowl, combine both the full cream and condensed milk. Place in Microwave 70% for 6 minutes until milk is at a simmer.
2. In another large bowl, add eggs, egg yolks, sugar and mixed berry puree. Add the heated milk mixture. Using a balloon whisk, mix until well combined.
3. Divide the mixture evenly between 4 ramekins dishes (10cm diameter). Place dishes on the steam tray. Place the steam tray on the upper position (position 3). Place the glass tray on the lower position (position 2). Cook using Steam Low, 90°C, for 35 minutes.
4. Once cooking is completed and the custard is set, stand for 10 minutes.
5. Serve with thawed whole berries and dust with icing sugar.

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RECIPES

MARINATED SNAPPER

Ingredients
2 tbsp soy sauce
2 cloves garlic, crushed
1 tbsp sesame oil
1 tsp grated fresh ginger
1 tbsp chopped fresh coriander
2 bird's eye chillies, seeds removed, finely chopped
500 g whole snapper, cleaned

Procedure
1. In a small bowl, combine soy sauce, garlic, sesame oil, ginger, coriander and chillies. Mix until well combined.
2. Place snapper in a large shallow casserole dish and add the marinade. Cover and refrigerate for 1-2 hours.
3. Place fish on the steam tray. If snapper is larger than the steaming tray, remove tail.
4. Place the steam tray on the upper position (position 3). Place glass tray on the lower position (position 2). Cook using Steam Low, 90°C for 35minutes.

LEEK, BACON AND CHEESE QUICHE

Ingredients
80 g bacon, diced
120 g leek, washed and thinly sliced
½ cup cheddar cheese, grated
4 eggs
1/3 cup full cream milk
1/3 cup pure cream
1 tbs plain flour
Salt and pepper to season
¼ cup bread crumbs
20 g butter

Procedure
1. In a large bowl, whisk together the eggs, milk and cream. Add the cheese and mix together.
2. Add the bacon and leek and season with the salt and pepper.
3. Melt the butter in a microwave safe bowl. Place it on the oven floor (positon 1) and cook with Microwave 100% for 20 seconds.
4. Grease 4 ramekin dishes (10cm diameter) with melted butter and coat with the breadcrumbs.
5. Evenly divide the mixture in the 4 ramekins.
6. Place the steam tray on the upper position (position 3). Place glass tray on the lower position (position 2). Cook using Steam Low, 90°C for 35 minutes.

GRILLED CHICKEN PIECES

Ingredients
1 kg chicken pieces (200 g/1 piece)
3 tbsp (corn) oil

Seasonings
3 tbsp light soy sauce
3 tbsp water
2 tbsp hoisin sauce
Salt, sugar, chopped garlic to taste

Procedure
1. Marinate chicken pieces for 20 minutes with seasonings.
2. Place on the rack on the glass tray and brush with oil. Place it on the lower position (position 2).
3. Let it cook :

Mode	Cooking time	Procedure
1st Grill Mix High	7'-9'	Turn over.
2nd Grill	7'-9'	
3rd Grill Mix High	7'-9'	
4th Grill	4'-6'	

4. Garnish with pickles and pineapple.

CHINESE ROAST CHICKEN

Ingredients
0.9 kg chicken, whole

Seasonings
5 tbsp barbecue sauce
1 tsp salt
3 tbsp sugar
1 tbsp light soy sauce
1 tbsp dark soy sauce
2 tbsp corn oil

Glazing
2 tbsp honey

Procedure
1. Wash chicken clean and pat dry. Bind with thread.
2. Marinate with seasonings for 2 to 3 hours.
3. Place the chicken on the rack on the glass tray. Place it on the oven floor (position 1).
4. Let it cook :

Mode	Cooking time	Procedure
1st Micro 100%	1'	Turn over.
2nd Grill Mix High	12'-13'	
3rd Grill Mix High	9'-11'	

5. Brush with honey 2 or 3 minutes before finish.
6. After grill let stand for 10 minutes, then cut into slices and serve.

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RECIPES

LAMB CHOPS WITH ONION SAUCE

Ingredients

650 g (4-6 pcs)	lamb chops
½	onion, sliced
1	tomato, sliced
1 tbsp	oil
	Black pepper, Honey to taste

Seasonings

1 tbsp	light soy sauce
1 tsp	dark soy sauce
2 tsp	sugar
1 tsp	wine
1 tsp	oil
	Salt and pepper to taste

Gravy

1 tbsp	oyster sauce
1 tsp	sugar
1	grated garlic
1 tsp	oil
70 ml	water
	Salt to taste
2 tsp	cornflour blended with 1 tbsp water

Procedure

1. Mix all seasonings well.
2. Marinate lamb chops with seasonings for 30 minutes.
3. Place lamb on the rack on the glass tray and sprinkle black pepper on them. Put it the lower position (position 2). Let it cook :

Mode	Cooking time	Procedure
1st Grill Mix Low	4'-6'	Turn over.
2nd Grill	6'-8'	
3rd Grill Mix Low	2'-4'	
4th Grill	8'-10'	

4. Combine onion and oil in a bowl and put it on the oven floor (position 1). Cover, Microwave 100% for 1'30" to 2'30".
5. Add gravy, except blended cornflour; Microwave 100% for 1 minute; remove, stir and continue to cook for another 1 minute. And blended cornflour.
6. Add tomato; cover and Microwave 100% for 1 minutes. Stir until cornflour is thick.
7. Top lamb with prepared gravy and garnish with spring onion.

CHICKEN AND PRAWN KEBABS

Ingredients

6	bamboo sticks
300 g	chicken fillet, cut into 24 square pcs.
100 g	onion, cut into 12 square pcs.
80 g	green pepper, cut into 12 square pcs.
80 g	tomato, cut into 12 square pcs.
70 g	prawns, shelled and deveined, then cut into 3 pcs.

Seasonings

2 tbsp	corn oil
1½ tsp	salt
½ tsp	pepper
1 tsp	paprika
½ tsp	garlic powder

Glazing

3 tbsp melted butter
1 tbsp lemon juice

Procedure

1. Marinate prepared ingredients with blended seasonings for more than 30 minutes.
2. Skewer a variety of ingredients onto bamboo sticks alternately with chicken, tomato, prawn, onion, and green pepper, then glaze with melted butter and lemon juice.
3. Place kebabs on the rack on the glass tray. Place in lower position (position 2).
4. Let it cook :

Mode	Cooking time	Procedure
1st Grill Mix Low	4'-6'	Turn over.
2nd Grill	7'-9'	
3rd Grill Mix Low	4'-6'	
4th Grill	5'-7'	

CRISPY STUFFED MUSHROOMS

Ingredients

12	Black mushrooms
75g	butter
2 cloves	garlic, crushed
75 g	fresh breadcrumbs
50 g	cheese, grated

Procedure

1. Soak the mushrooms until soften, then remove and chop mushroom stalks.
2. Put butter with garlic in a bowl and place it on the oven floor (position 1). Heat it on Microwave 100% for 30 seconds, stir in chopped mushroom stalks and breadcrumbs. Fill mushrooms with mixture, sprinkle with cheese.
3. Place the mushrooms on the rack on the glass tray. Put it on the upper position (position 3), and cook using Grill Mix Low, and for 10 minutes.

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RECIPES

FISH KEBABS

Ingredients

4	wooden skewers
450 g	firm fleshed fish skinned and cut into 8 cubes
2	courgettes, cut into 8 chunks
4	medium mushrooms, stalks removed
4	slices of orange
2	medium tomatoes, halved
1 tsp	fresh dill, chopped
50 g	butter

Procedure

1. Arrange all ingredients onto each skewer in a regular sequence. Leave no wood exposed, place the kebabs on the rack on the glass tray.
2. Heat the dill and butter in a small bowl, place on the oven floor (position 1) and cook with Microwave 100% for 30 seconds. Brush it on the kebabs.
3. Place them on the lower position (position2).
4. Let it cook :

Mode	Cooking time	Procedure
1st Grill Mix High	4'-5'	Turn over.
2nd Grill	12'-14'	
3rd Grill Mix High	2'-4'	
4th Grill	8'-10'	

Note: To remove food easily from wooden skewers, soak the skewers in water for 30 minutes prior to using them.

CHICKEN SATAY

Ingredients

4	wooden skewers
450 g	chicken fillets, cubed

Seasonings

1 tbsp	groundnut oil
1 tbsp	lemon juice
2 tbsp	satay sauce
1 clove	garlic, crushed
	Tabasco sauce to taste

Procedure

1. Place all the seasonings in a large bowl, mix well. Stir in the chicken, refrigerate for 2 hours to marinate.
2. Thread the chicken onto skewers leaving no wood exposed.
   Place skewers on the rack on the glass tray.
3. Place them on the lower position (position2).
4. Let it cook :

Mode	Cooking time	Procedure
1st Grill Mix High	7'-9'	Turn over.
2nd Grill Mix High	9'-11'	

Note: To remove food easily from wooden skewers, soak the skewers in water for 30 minutes prior to using them.

VEGETABLE LOAF

Ingredients

(A)

175 g	fresh breadcrumbs
1	large carrot, grated
2	small courgettes, sliced
1	large potato, grated
3	sticks of celery, sliced
4 rashers	bacon, chopped
125 g	Cheddar cheese, grated
2	eggs, beaten
	Salt and pepper to taste

(B)

75 g	Cheddar cheese, grated to sprinkle
1 tbsp	fresh parsley, chopped

Procedure

1. Combine (A), mix well.
2. Pour mixture into a greased 1.5 litre loaf dish, cover with (B).
3. Place it on the glass tray in the lower position (position 2).
4. Let it cook :

Mode	Cooking time	Procedure
1st Micro 70%	15'	
2nd Grill Mix High	25'	

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